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ABSTRACT

This document summarizes seminars and papers of the Council of Europe's Committee for the Development of Sport. Section 1, "Sport and Physical Education for Children and Young People," discusses such topics as training physical educators, introduction to sport at school, sport for children, testing physical fitness, education against doping, ethics in sport, and youth camps for children with disabilities. Section 2, "Sports Facilities," includes such topics as sport and local authorities, integrated facilities, low cost sports facilities, energy saving in sports facilities, European policies for sports facilities, and various related seminars. Section 3, "Promotion of Sport," includes such topics as sport for immigrants, sport for people with disabilities, women in sport, sport for all, and various related seminars. Section 4, "Sports Policies," focuses on such topics as sport in areas of special need, access to nature, volunteers in sport, new partnerships in sport, sport injuries and their prevention, sport legislation, social significance of sport, and various related seminars. (SM)

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VOLUME II

Work of the Committee for the Development of Sport

N. Borch-Jacobsen

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The Training of Teachers of Physical Education and Sport
(Luxembourg, 1978)

Having had regard to the conclusions of the seminars held in Paris (12 to 14 May 1976) and Nice (24 to 26 May 1977), and, having made a general survey of basic principles for the teaching of such teachers, the participants made the following proposals:

Physical and sport education must be planned in the light of those concepts of man that are universally recognised and of the knowledge contributed by the moral sciences. It must be undertaken in conjunction with all other forms of education. It must be based on recognition of those ethical values that are concerned to promote personal harmony and to develop what is specific in every quality, and must seek man's integration into society.

Achievement of these aims lies primarily in the hands of the persons responsible for giving physical and sports education.

Such education is the most important factor in the development of sport at school. If this development is to be encouraged in accordance with the recommendations of the Council of Europe, it is necessary that the right conditions for the training of teachers of physical education and sport and for the content and development of such training should be created in a number of important sectors.

INITIAL TRAINING

1. The conditions for training

   The following basic conditions for training should be safeguarded in the legislation of the various countries. A number of basic principles is given later under Resolutions.

2. The content of training

   The content of training is determined by the qualifications required for teaching - scientific, administrative, didactic and sporting knowledge.

   These subject matters should be taught in connection with each other and it would be possible to justify their influence on the qualifications required for the profession.

   The content of training should be worked out with due regard to trends in sports (for example, increased attention to leisure-time sport), as well as fresh scientific knowledge and policy changes.

   Additional qualifications should be acquired during the period of study, with a view to providing physical and sports instruction and education appropriate to:

   a. the pre-school, primary and secondary stages and/or;

   b. special categories, such as blind or handicapped pupils, pupils with morphological defects, pupils of vocational training schools etc.

3. In addition, the methods and curricula for the initial training of teachers of physical education and sport were discussed from three angles, with the following recommendations:

    a. Leisure-time sport

    It would appear that so far excessive emphasis has been placed in schools on competitive sport and not enough on introducing sport as a leisure-time activity. In consequence of this a number of recommendations are made:

        i. Physical education should concentrate more on encouraging leisure-time sport.

        ii. In physical education and sport at school special attention should be given to less gifted and less motivated pupils.

        iii. A flexible curriculum is necessary in order to train individuals to take part in leisure-time sport; this means that the pupils must be able to take part in developing and organising the sporting and/or leisure-time activities they choose.

        iv. Training for physical education instructors must enable them to acquire the skills and attitudes needed for planning and carrying out such a flexible curriculum.

    b. Training to teach one, two or more subjects or specialisation.

INTRODUCTION TO THE RESOLUTIONS

The aim of the seminar was to draw up recommendations on the training of physical education teachers for both primary and secondary education.

Although the seminar did in the main achieve this aim for the secondary stage, it found that it could not reach any definite decision for primary schools, for the question whether physical education at pre-school and primary levels should be provided by a specialist or by a general teacher involves a decision that it is not in the power of the seminar to take.

However, the seminar made the following points:

1. In view of the supreme importance of motor learning at pre-school and primary ages it would be advisable for those responsible for teaching it to be given special training of a standard comparable with that required at secondary schools.

2. A European seminar should consider this problem and decide whether:

    a. physical education specialists should be more specifically trained for the pre-school and primary level, or;

    b. the general teachers should be given more training for this particular purpose.

RESOLUTIONS

1. In view of present disparities, the European harmonisation of curricula would still seem to be difficult. However, some guiding principles were stated:

a. Physical education is a discipline in its own right and those teaching it should receive coherent university training of a high scientific, technical and educational standard in which the various courses are fully integrated. Such training also requires that those in charge of it should possess the necessary university degrees.

b. It would be advisable for study programmes to supply a basis for equivalence of qualifications, provided that all the necessary conditions as to quality were met and that the profession had a university status equivalent to those of other disciplines.

c. Such a high standard would seem hardly compatible with the teaching of a second subject unless this were immediately related and studies were prolonged in a consistent manner.

d. A broad humanist approach would appear to require that:

   i. a physical education specialist should be able to follow optional additional studies, and even obtain a secondary qualification, in allied fields such as:

      - art, music, biology, sociology, and the like;

      - specialisation in some competitive sport (as a trainer). At present most of the extra-curricular work done by teachers of physical education and sport in school sports clubs is performed voluntarily outside their normal working hours. It would be advisable to add the aims of this work at club level to the content of training and, what is equally important, to provide structures (facilities, financial arrangements, timetables etc) such that teachers can actually apply what they have learned during their training;

      - the organisation and administration of sport, recreational sport, etc.;

      - the re-education or rehabilitation sector.

   ii. Teachers specialising in other theoretical subjects should be able to follow optional additional studies, and even obtain a secondary qualification, in fields such as recreational or competitive sport. This would require close collaboration between the teaching establishments concerned.

e. The same humanist spirit would seem to make it unacceptable to limit physical education to highly specialised teaching of a single sport. However, such education should make it possible to add to a general all-round training a high degree of specialisation that will not harm but enrich the child's full development.

f. A physical education teacher's duties might also include a theoretical course directly concerned with the biological health aspects of physical activity.

g. It would be made possible for physical education teachers to be retrained for some allied field (for health reasons or on account of age).

2. Mixing of the sexes in physical and sports education and the training of teachers of physical education and sport.

No young person should be placed at a disadvantage by his or her sex; on the contrary, the young must be provided with education which promotes their development and enhances their specific qualities.

The evolution of social relations, the findings and practical applications of the educational sciences and practical pedagogical experience all point to mixing of the sexes in physical and sports education as in other branches of instruction. This would ensure greater equality of access to sports and would encourage and develop co-operation in sports between the two sexes.

The competent authorities should encourage teachers of both sexes to make mixed classes. Co-educational physical and sports education requires consideration to be given to its practical implementation (in curricula and content).

In order to avoid the danger that co-educational sports education will in fact amount in organisational terms to no more than joint instruction, future physical education teachers should be specially trained for taking mixed classes.

In detail this is that:

a. Male and female physical education teachers must not be trained in separate establishments;

b. Both theoretical and practical studies must on principle be organised in an appropriate manner in joint courses;

c. Co-education must become an integral part of all training for teachers of physical education and sport;

d. As part of in-service training, special courses must be arranged on request to cover the educational and practical problems of co-educational sports training;

IN-SERVICE TRAINING

1. In-service training is absolutely essential, and time must be allowed for it in teachers' normal hours. Such training must be at the state's expense.

2 The main effort of in-service training for teachers of physical education and sport must be directed towards:

   a. an analysis of needs;
   b. original (not all-purpose) answers to those needs;
   c. the organisation of flexible structures enabling such answers to be applied.

3. Each in-service training project must involve persons having affinities with each other, not a professional group.

4. So that this type of permanent education may be based on the teacher's attitude[1], it is very important that an attempt should be made in initial training to influence that attitude.

5. In-service training for teachers of physical education and sport must provide opportunities for meetings among such teachers and between them and other teachers and all persons and establishments involved in the educational process.

6. Others engaged in teaching in various degrees (in-training trainers, as inspectors or administrators, etc) must also have in-service training.

7. At the sports organisation and club a teacher of physical education and sport is in a position to gain new experiences (sport as practised by different social groups, new forms of sport for all) which may be useful for his teaching at school. Co-operation between in-service training projects and the sports organisation can therefore be recommended.

EUROPEAN CO-OPERATION

Possible objectives of co-operation are as follows:

1. Mutual assistance in developing training for teachers of physical education and sport in the various countries, by means of:
    a. consultation (on study plans, installations and equipment, etc);
    b. provision of teaching material (films, slides, etc).

2. Development of an exchange service for:
    a. teaching material;
    b. trainers.

3. This could be done through:
    a. Seminars for trainers;
    b. model courses with students (summer courses);
    c. periodic meetings of teachers' training establishments in Council of Europe countries;
    d. special meetings concerned with pre-school and elementary physical education, and a meeting on the problem of in-service training.

4. The aim is to make good the deficiencies in development that still exist and then to pursue jointly on scientific bases the further development in various countries of joint training for teachers of physical education and sport. This could also represent a contribution to furthering European collaboration.

5. This could also represent a contribution to furthering European collaboration.

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[1] With regard to the teacher's professional attitudes it is important that he should be trained:
a. to accept a high measure of responsibility for his pupils both in school and in life generally;
b. to take into account the school's position in society, both locally and nationally;
c. to take a critical view of his own work.

Introduction to sport at school

(Paris, Nice, Luxembourg, 1976-78)

The study was carried out by France from 1976 to 1978 and taken over in 1978 by Luxembourg. The following three seminars were held:

1. Paris, 14 to 16 May 1976: eleven participating countries;
2. Nice, 24 to 26 May 1977: nine participating countries;
3. Luxembourg, 29 May to 1 June 1978: seventeen participating countries.

Each seminar was the subject of a report, the most comprehensive being that of Luxembourg, which drew on the previous two and opened up interesting prospects for collaboration in the area of "sport at school".

THE PARIS SEMINAR

This seminar (1976) provided an opportunity for the participating countries to assess the position of sport at school in member countries, to summarise the main points and set priorities so as to allow the "decision makers" to take the necessary initiatives for the development of sport etc. Member countries are finding it necessary to re-think the position of sport at school so that the practice of sport may not be limited, as is often the case, to childhood and adolescence.

In order to avoid terminological arguments it was decided that the term "sport" should cover all physical and sporting activities, whether their object was competition, leisure, relaxation or physical training.

Each delegation dealt successively with the following points:

1. Programming and organisation of sporting activities at or in connection with school (for example in clubs)

   Indicators showing the value of physical and sporting activities at school were mentioned: for example, sport tests in exams, recognition of young athletes' studies (that is, sport subjects as a recognised specialisation).

2. The nature of activities

   Observations were made on:

   a. differences in motivation between boys and girls;
   b. the drastic drop in sporting activity after the compulsory school leaving age.

   It emerged from this that both the choice of physical and sporting activities and the teacher's role have a decisive influence on whether sporting activities are continued in adult life.

3. Assessment of physical fitness of children at school

   Where the relevant means for assessment are available, it should be possible to measure pupils' progress. This is indispensable for testing the theory that increasing the number of physical training lessons has a positive effect on physical condition and/or wellbeing.

4. Individual motivation and sociocultural factors (family, age, sex, environment) affecting sporting activities.

5. The teacher's role

   Two problems were discussed:

   a. Whether the differing functions (teacher of one, two or three subjects, animator, club trainer etc) require different forms of training (specialist or all-rounder, technician, educator);

   b. To what extent the pupils' age (primary or secondary) affects teacher training.

   A breakdown of sports teachers' timetables showed that their pupil contact time varied between 18 and 29 hours per week. The seminar considered that if children were to be given the taste for continued participation in sport, it would be necessary to reorganise the training of teachers, trainers etc and redefine sporting activities with this in mind. These subjects have been very extensively covered in the questionnaire published by the Clearing House (1978).

THE NICE SEMINAR (1977)

Some of the subjects dealt with at the previous year's seminar in Paris were considered again, including motivation and taste for sporting activity. A report on mixing of the sexes gave rise to a discussion which was to be continued at the Luxembourg seminar.

Starting from the Paris stocktaking and the first questions raised at Nice, the main theme was how to give children, and later adults, the taste for continued participation in sport. The two seminars highlighted the importance of teaching technique and led to a search for ideas on the training of teachers, instructors and animators.

What should be the objectives of school-age sport and how can the taste for continued sporting activity be developed in children (10-16 year-olds)?

Sporting activity is an important aspect of human life. In order to develop a taste for continued sporting activity in the child, parents and educators must:

1. Respect all the aspects which make up the unity of the human personality;

2. Encourage the individual to recognise his ability to run his own life, assess his possibilities and develop the various aspects of his personality, whilst at the same time develop respect for himself and others;

3. Take into account the child's needs, encouraging sport for leisure enjoyment without neglecting the discipline of training;

4. Take as a starting point an educational method in which success will not be made too easy, nor failure regarded as too serious;

5. Offer a wide spectrum of individual and group activities;

6. Allow each individual to choose according to tastes, needs and enjoyment.

Most countries' representatives thought stress should be placed on children's present and future needs and not on sporting technique.

School sporting activities are so important in education as a whole that all categories of children, some of whom have been neglected in certain countries, must have the chance to participate;

7. Sport at school must fulfil the function of:

   a. encouraging the wellbeing of the child both in and outside school;
   b. preparing him for the moral and physical aspects of adult life.

   To achieve these aims the delegations approved a list of principles to serve as a guide in choosing the methods and curricula for sport and physical training;

8. The following should be encouraged:

   a. personal confidence and pleasure in movement;
   b. awareness of individual ability and mastery of performance through personal experience;
   c. compensation for difficulties of daily life, especially in urban surroundings;
   d. experience in communicating through group activity, including competitive situations;
   e. awareness of the role of physical activity in increasing personal health and well-being;
   f. creativity;

9. In consequence, the method should:

   a. adapt demands to the individual child;
   b. create the most favourable conditions for success;
   c. allow the child to make decisions according to his own abilities;

10. Study of motivation for practising sport at school-age and throughout life.

    Since motivation depends on two factors, between which there is a constant interplay (the needs of the individual and external factors), the child's environment (toys, surroundings, partners, relationships) must be planned from birth on, both in the family and at school to stimulate development processes in line with the educator's objectives.

    There seem to be two other decisive factors: free time and the organisations of facilities. In the pupil's timetable there are periods set aside for sporting activity and facilities for sport including instruction are often to be found near the school. Some countries, such as Sweden and the Federal Republic of Germany, intend to conduct studies in this area to ascertain whether favourable conditions exist for leisure-time sporting activity after school-age.

    There is a need for such a study since it would appear that adults' sporting activities are not directly connected with those they learned at school.

Sport for young school leavers
(Stockholm, Sweden, 1978)

1. The participants at the seminar on Sport for Young School Leavers held at the Riksidrottsförbund's Idrottsinstitut Böson thank the Swedish Sports Federation for their initiative in proposing this seminar, for their impeccable preparation and organisation of it and for their warm hospitality during it.

2. The seminar took place as part of the work of the Committee for the Development of Sport of the Council of Europe to implement the European Sport for All Charter. Article 1 states: "Every individual shall have the right to participate in sport". The Committee considered that young school leavers were among the groups of people deserving priority attention in present socio-economic circumstances. The seminar was therefore concerned with discussing ways in which young school leavers cold be given help in order to exercise this right more effectively, in particular by providing them with greater and more carefully considered opportunities to take part in sport and physical recreation.

3. The major responsibility for carrying out programmes designed to attract a greater proportion of young school leavers into sport and physical activity will lie with those bodies in each of the member states of the Committee for the Development of Sport which are charged with the organisation of sport, whether governmental, quasi-non-governmental or non-governmental. However the participants draw attention to the fact that the formulation of the necessary policy to implement the proposals which follow will require very close co-operation between the above bodies and often between them and other government departments. In some countries, particularly in regard to the areas of finance, administration, training and facilities, the successful execution of the resolutions may even demand slight changes in the traditional division of responsibilities.

   In these circumstances, each country will wish to make optimum use of the complementary skills and competencies of the bodies involved.

4. General research conclusions (based on case studies in five countries)

   The seminar began by discussing what is already known about the sport participation, habits and mores of this group. While there are very marked differences between some countries, and all countries have their own specific problems, the seminar believes that the following picture is valid for most countries.

   a. A growing number of young people in Europe attend school up to the age of eighteen. However, physical education is not always a compulsory subject in post-compulsory school; school attendance as such is no guarantee of participation in physical education and sport.

   b. In general, boys are more physically active and more interested in competitive sports than girls. This is even more true among young school leavers.

   c. Those leaving school after compulsory school are less physically active during their leisure time than those still at school, and fewer belong to clubs.

   d. Young school leavers often have different sports interests from those of school attendees.

e. Young school leavers have fewer outside interests in general (including leisure activities) than school attendees and their life-style and values are in some respects different.

f. Even among school attendees participation in sport decreases in the later years in school. The decrease starts earlier with girls.

g. Participation in sport is related to socio-economic as well as cultural factors in our society. Those leaving school at the end of compulsory schooling often belong to a disadvantaged group of people, and tend to come from lower socio-economic groups than those staying on at school.

5. Action to be undertaken in providing opportunities for young school leavers to participate in sport and physical recreation

GENERAL MEASURES

1. Social measures

a. A particular problem in dealing with young school leavers who are neither physically active nor members of a club is that they do not belong to any existing sporting structure and are therefore rarely in contact with a "motivator/animator". Sport and physical recreation must therefore actively seek them out.

b. Such contact cannot be made on a temporary basis; provision has to be made for more permanent and long-term measures.

c. Sport and recreation take place in society and participation in them has important social implications which must be recognised. In particular, free time has to be available for participation and society must seek to remove cultural and social obstacles to the practice of sport. The obstacles include unemployment, which when it becomes a long term prospect can encourage some young people to become the drop-outs of society.

2. School

a. School plays a crucial role in the development of sport, both through compulsory and optional activities. School should give pupils the taste, knowledge and motivation to practise sport. All measures adopted at the Paris, Nice and Luxembourg seminars (1976-1978) should be acted upon.

FINANCIAL, ADMINISTRATIVE AND ORGANISATIONAL MEASURES

1. It is vital to develop and expand activities alongside physical education at school (school sports clubs, voluntary activities) whose objectives and methods can be different both from compulsory school sport and free sport.

Improved liaison between schools and sports clubs is necessary in order to provide greater opportunities for school children to practise different physical activities, both in and out of school. Sports clubs can also provide information on the value of sport.

2. Two basic channels for post-school sport exist:

    a. The traditional federations and sports clubs, which are somewhat restrictive. It is recommended that such clubs consider possible new arrangements and forms of membership with a view to less restrictive structures which might be more appropriate to the varying needs and interests of young school leavers;

    b. Non-structured sport: Here public authorities at all levels as well as clubs should arrange for adequate provision of opportunity for all social groups and classes.

3. Full information should be provided on the opportunities offered through these two channels and efforts made to ensure that it reaches those at whom it is aimed. Existing social units (the workplace, community centres) should be exploited and special arrangements thought out for those without a *locus foci*, such as the unemployed.

4. Public authorities (central and local government) and public agencies should give extra financial help to voluntary sports bodies encouraging participation by school leavers in physical activities, and should generally encourage casual participation outside a club structure. However, public authorities should not interfere with the club's organisation, nor with its programme (the contents of the activities organised by clubs).

FACILITIES

1. Every effort should be made to see that both publicly and privately owned facilities are used to the full; this applies particularly to school facilities.

2. An adequate number of appropriate facilities, amenities, areas, etc, should be provided at local and neighbourhood level, catering for all sport and recreation requirements of the community as a whole, and aid should be given for their running costs.

LEADERS/ANIMATORS

1. The continued practice of sport will depend very largely on the quality and number of sports leaders and animators. Voluntary organisations and public authorities will need to recruit and employ more full and part-time officers and encourage voluntary helpers.

2. Those bodies concerned with sport should appoint specially trained leaders to work with young school leavers. They will require an understanding of their needs and life styles, and the creation of a type of social sports worker may be the most effective solution. Other bodies and organisations (social welfare, youth departments) should also consider including in the training of their staff an understanding of the value of sport and recreation in furthering their objectives and its role in the development of the individual.

3. Public authorities should give first priority to appointing animators to work with those school leavers outside existing structures, such as unemployed youth.

ACTIVITIES AND WAYS OF REACHING YOUNG SCHOOL LEAVERS

1. Activities should be brought to school leavers and take place in their area. A 'participant observer' approach may often be an effective way of understanding their needs and motivations. Open-ended activities may prove attractive, and a comprehensive choice should be offered to them.

2. The kind and number of activities offered by both clubs and recreation departments and the way they are presented to school leavers is very important. Efforts should be made to cater for varying needs such as:

   a. competitive and recreational sport;
   b. activities catering for both sexes;
   c. activities catering for the whole family;
   d. activities catering for like-minded groups;
   e. both single and multisport interests.

   Attention should also be given to creating equal opportunities for girls.

3. For unemployed young people.

   a. Other agencies should be contacted in trying to reach the unemployed, for example:

      i. the youth service (informal centres, detached youth workers/animators, youth centres);
      ii. the social services;
      iii. the unemployment agency, labour exchange, job market and careers service;
      iv. the mass media;
      v. private sports clubs in the area.

   b. The development of sport should be seen as part of the young unemployed person's general leisure activities and sport should include many forms; it can help humanise his free time, and is thus both a means and an end.

   c. The young people should be able to choose their own form of activities.

   d. These should aim at encouraging young people to develop a responsibility for the organising of the activities of others as well as of their own.

   e. The use of outdoor and other residential centres may help in achieving these aims. Specialised sports training halls catering for all standards of players can also help.

   f. Sport can make a contribution to alleviating the problem of unemployment and should be exploited to the full in this respect.

4. Young boys and girls in employment.

   a. Employers and trades unions (that is, both sides in employment) should be encouraged to promote participation in sport by providing opportunities and facilities for young employees both during and after working hours; help can include information, animation organisation and financial.

   b. Industrial sports officers should be employed to counsel, promote, advise and initiate young employees into the world of sport.

   c. Sports facilities should be made available to young workers having regard to their specific times of employment, such as shift workers, and to all existing facilities, etc. being used as much as possible.

d. A movement pause does not appear to be the best solution to the monotony and stillness of work.

e. While the development of "company sport" outside working hours is a worthwhile alternative, there is a danger of creating social and cultural ghettos, which is not a purpose of sport.

f. The principle of educational leave might be extended to cover sport.

5. Apprentices.

Physical education and sport programmes within the school part of apprentice training should be at the same level and of the same duration as that provided for their contemporaries still at school.

RESEARCH

1. Further research, especially in the form of follow-up studies, is required:

    a. to establish the reasons why so many young people aged between twelve and twenty discontinue sporting activities;

    b. into the factors which influence their attitude to and choice (or rejection) of recreational pursuits.

2. The effects of the implementation of the above proposals should be carefully monitored through a planned programme of research.

Sport for Children

(Tønsberg, Norway, 1982)

This paper stresses the policy questions and aspects suggested in the conclusions adopted by the participants. The CDDS is asked to take the appropriate measures so that:

1. Governments re-examine and take whatever measures may be necessary to align their physical education policies at primary school in the light of these proposals.

2. Non-governmental sports organisations re-examine and take whatever measures may be necessary to align their club activities for children six to twelve, and in particular their training methods and competition policy, in the light of these proposals.

PHYSIOLOGICAL AND PSYCHOLOGICAL CONSIDERATIONS

It is important to stress that children are not small adults. Their human values and individuality must be respected.

1. General physical training is beneficial to the child's biological development.

2. The same training - ie sport and physical education - can be done by both girls and boys at least up to the age of adolescence:

a. Training in flexibility, co-ordination and basic skills should be done before puberty;

b. Training of aerobic power, general muscle strength and endurance can be done before puberty but the effects are often small compared to starting such training later in life. Towards the end, some work on walking, running, swimming or cycling continuously for some time may be started;

c. Anaerobic capacity can be trained at all ages but it is boring and unpleasant to do and is therefore not recommended;

d. Specific strength training programmes, especially those using external loads, damage the growing zones of the bones and should, therefore, not be started until after puberty.

3. Physical activity, play and sport are some of children's most natural activities. The need for movement and to develop neuromuscular co-ordination leads children to experience a wide range of social and body orientated sensations. Children like reproducing certain environments and following confidence by going to the limits. Such is their involvement that they often do not realise the strain imposed.

Fun, co-operation, interaction, play, performance and comparison are some of the most important motives for such activities. In stressing or over-emphasising only one or some of these motives, outsiders (parents, coaches, society) may lessen the child's interest in a movement, sport or a given training programme. Workloads may be experienced as overloading and/or stress.

4. Each newly-learned skill will be tried out in interaction and comparison with others; thus children control their own progress and development.

In forcing the child's own natural competitiveness and conception of competition into adult forms of selective competition, with only one winner, children are given only a small chance of succeeding, and perverts the child's natural needs and purposes. The child then wants to give up.

5. Specialisation in sport means repeated specific and vigorous types of training necessary for high level performances. The development of general motives, basic physical and psycho-motor abilities and adequate experience from the age of six to twelve are the fundamental basis for a continuing interest and involvement in sport. The limited training procedures deriving from early specialisation is harmful for a maturing child as well as perhaps having biological consequences and should be avoided. Early specialisation is often the result of outside pressures, (coaches, teachers, parents, the mass-media).

General training in broad physical activities and social co-operation is more important at the ages six to twelve and must be borne in mind by coaches or teachers when considering the possibility of selection.

6. As one of sport's most important teaching and psychological aims is to encourage and strengthen the child's self-confidence and social feelings, coaches and parents must give priority to the child's hopes, intentions and standards, and not push the child to fulfil the will of adults. Doing this can lead to an unbalanced personality development.

EDUCATIONAL ASPECTS

Training of personnel (teachers, coaches, club leaders, referees etc.) and information directed to parents must be based on these physiological and psychological considerations.

In addition, the following factors are important:

Sport and physical education programmes should be healthy; safe; well co-ordinated (to avoid duplication or conflict); differentiated (to meet the needs of each child); flexible (so that they may be adapted to different groups), and progressive (so that a child may progressively meet new challenges and experiences).

The methods should allow for playful activity, self-initiated activity, exploration, and creativity.

Initiation into particular sports can start at about 9 years old. The aims should be the development of speed, dexterity, balance, agility, etc.

1. Training of personnel

   Teachers, coaches, sport club-leaders and others involved should be adequately trained in the theory and the practice necessary for their tasks. They should acquire:

   a. familiarity with sport activities and the possible effects on participation for children aged six to twelve;

   b. knowledge of, and skill in, teaching and coaching methods suited for this age-group;

   c. knowledge of different sport programmes which may be offered for the group of children they may be responsible for; and

   d. knowledge of programme development, and the capacity to adapt them to children with different needs under given circumstances.

   The training of teachers for the schools and the training of coaches and leaders for voluntary clubs etc should have some significant elements in common. Everyone working with children has an important leadership role, and must be sensitive to group dynamics and individual needs. The training must, however, be differentiated according to the different tasks of schools and clubs.

   Children at this age gradually become less dependent on their parents but they still have a strong need for adult support, for a feeling of belonging and security, as well as for opportunities for explorative and creative activity.

   The wide variety of individual differences in biological, psychological and social development at the age of six increases year by year. The differences in maturity between the twelve and the six year-olds are considerable.

   Schools and clubs should have the same ultimate goal in their sport programmes for children. Since attending school is compulsory and participating in a club is voluntary, the programmes must differ and their immediate goals be somewhat different. There is no need for schools and clubs to duplicate one another, but they must be complementary.

The schools must, for instance, provide the fundamental physical training required for all children, whereas the range of clubs may provide better opportunities to meet the many different needs and interests of children in specialised sports disciplines and at appropriate levels of performance. While using the specific techniques of the various sports, clubs must also aim at a balanced, harmonious development of the whole child at this age. Versatility, therefore, not specialisation, should be the goal.

Programmes should prepare the ground for later adolescent and adult participation in sport, developing psycho-motor skills, social and intellectual skills and positive ethical values (fair-play, respect for others, co-operation).

It is more than ever apparent that those who teach physical education in primary schools must have a specialised physical education training.

2. Information for parents

Parents should be adequately informed about the importance of movement behaviour for personality development, health and well-being, and the dangers of over-emphasising performance abilities at an early age.

The mass-media have a particular responsibility for disseminating this kind of information. Parents should also be adequately informed about the aims and means involved in the programmes in which their own children take part, in order to help resolve possible conflicts. The national sport organisations should develop methods to help local clubs inform parents.

In order to ensure adequate growth and development opportunities for these children, provision must be made for unorganised, as well as for organised, sports activities. Schools and voluntary organisations must be given the opportunity to develop appropriate programmes and train the personnel needed to carry them out.

3. In summary:

The responsibility for the child's physical development lies with the family, the school and the sports clubs and in their mutual co-operation. Parents, teachers, trainers and youth-leaders have a special responsibility for creating the positive attitudes described above to sport and physical education.

More attention must be paid to the education and/or re-education of teachers/trainers for the age-group six to twelve. The European sports co-operation programme should include provision for courses and exchange possibilities for primary school teachers and trainers of children aged six to twelve.

Competitions and the training necessary for this age-group may have both negative and positive effects. In general competitions should be looked at as a means of developing children in sport and in life (comparison and evaluation) rather than as an end in itself. Competitions can also have a role in evaluating and in motivating children's performances. Competitive matches and events should recognise the child's physiological, biological, psychological and social stage of development. Competitions should be organised for the benefit of children and not for the gratification of adults. They should be introduced gradually and carried out in a fair, educational and highly-qualified manner.

Competition for children should, if necessary, have modified rules and equipment (as in mini-games).

Children should be helped to understand that while one competes to win defeat is not a disaster: there should be a fair chance of being successful.

Competitions for the age-group should be at club- or class-level and not at national or international levels.

Sport and Physical Education in Primary Schools

(Bilbao, Spain, 1985)

Seminar conclusions based on the texts adopted by the participants at Bilbao.

VALUE AND PURPOSE OF PHYSICAL EDUCATION

Physical education is an integral part of the educational process in primary schools. Without physical education the education of children is incomplete.

Physical education satisfies four basic needs which children have:

1. Children need physical demands

   Without properly intensive physical activities, the child will not develop in a healthy and harmonious way.

2. Children need motor experiences

   Experiences through movement are the basis for all development, including intellectual.

3. Children need challenges and appreciation

   Motor successes and performances play an important role in the genesis of the child's self-concept and identity.

4. Children need to play with other children

   In games based on physical skills they get practice in managing relationships.

To satisfy these needs, physical education for children should be built on the principles of variety and diversity, not of specialisation.

Three physical education lessons per week are an absolute minimum to achieve these purposes and the youngest need a lesson every day. These three lessons will only suffice if children have the opportunities, the facilities and the time for their own physical activities every day. Teachers and authorities should work together, so that all children can find, in and out of school, an environment which encourages and incites them to physical activities, various movement experiences and games.

The participants of the seminar ask the CDDS to actively promote the idea of child-orientated physical education along the lines described above.

Moreover, the participants asked that further research, including longitudinal and multidisciplinary studies be undertaken on physical education at primary school.

GENERAL OBJECTIVES, LEARNING METHODS AND ASSESSMENT

1. The general objectives of physical education should aim at:

   a. the child developing a healthy habit of life-long physical activity;
   b. the child developing a life style with a positive approach to healthy well being;
   c. enhancing the child's understanding of the intrinsic values of sport and physical education;
   d. developing motor, gymnastic, sporting, expressive and artistic skills and the desire for daily physical activity;
   e. the child seeking an optimal physical development;
   f. developing corporal expression by means of imagination, personal initiative and creativity;
   g. the child adopting correct postural habits;
   h. stimulating human communication through all appropriate kinds of physical activities and games;
   i. promoting fair play, learning to abide by the rules, learning to accept victory and defeat, and encouraging co-operation and tolerance;
   j. encouraging and developing coexistence and team work;
   k. teaching children how, through physical activities and sport, they can use their free time constructively;
   l. helping to achieve self-confidence and self-control through physical activities and sport.

   Outdoor activities are occasions to arouse an awareness of man's responsibility, both individually and collectively, to maintain the ecological balance (avoiding environmental pollution and respecting the habitats of animals and plants). It is not a question of applying one or another learning method, but of achieving an optimum adjustment between whichever method is chosen and the pupil's individual characteristics.

2. All physical education methodologies should be:

   a. flexible, ie adaptable to each pupil's individuality;
   b. active, ie, should give a maximum of practice and movement to all pupils;
   c. up-to-date, ie the most advanced and coherent teaching techniques should be used continually;
   d. based on the notions of participation and co-operation, ie classmates should be friends and not enemies;
   e. comprehensive, and individual; each should be able to learn according to his or her own rhythm and abilities.

   Various methods and pedagogical approaches are used in physical education. Those which are based on the freedom, respect, spontaneity and imagination of the pupil should be preferred.

Assessment should be an educational act in itself and form an integral part of the whole educational process. It should take into account the child's overall development, and that the teaching/learning processes are simultaneous, and it should be continuous and systematic. Assessment should therefore be flexible and functional, adapted to individual differences and the interests, abilities and needs of the pupils, and respect different learning rates.

It is a means of motivating the pupil and of reinforcing and extending his or her learning. It is not a reward or a punishment. Content should include integration in the group, attitudes, physical performance, and sporting spirit - fair play. It should be neither selective nor discriminatory.

MOTIVATION

Physical education is a vital part of the child's overall education, without physical education, the latter is not complete. It is thus essential to include physical education in the curriculum at all stages of a child's schooling, and particularly so at primary level.

Any failures, shortcomings or gaps in the teaching of physical education during compulsory schooling will have serious repercussions on the pupil's capacity and means to achieve self-fulfilment and a harmonious personal development as a child and as a future adult.

It is thus vital to obtain a positive attitude from all teachers and authorities to this important part of the whole educational process if physical education at primary schools is to fulfil its role.

Consequently, there must be motivation, positive attitudes and conviction at the following levels:

1. Social, political and economic levels

    a. national;
    b. local and regional;
    c. political, economic and social;
    d. family;
    e mass media.

    At these levels, the competent authorities should be urged to make provision in their budgets for the necessary means to guarantee physical education for primary school children.

    Schools should also be provided with adequate installations and facilities, games and recreation areas constructed, and physical education introduced systematically and effectively in primary schools.

2. At teacher level

    The seminar, through the CDDS, invites ministries and authorities responsible for education, and educational institutions to:

    a. set up working parties to devise and implement innovatory projects in physical culture at primary schools, and to develop research into it;

    b. ensure that general teachers receive some special training in physical education in all teacher-training colleges;

c. give specialists in physical education (with general and specialised university education) co-ordination, programming, supervision and direct action tasks in physical education at primary schools;

d. organise exchanges of information, experiments, methods, techniques and syllabuses between the various member states;

e. rationalise the general primary school curriculum and allocate more time to physical education;

f. provide for the training of teachers who can specialise in physical education at primary schools.

AT PUPIL LEVEL

Through the school, the teacher, the family and the child's own activity the aim should be to encourage and promote the self-motivation of the pupil. Pleasure, success and satisfaction can be derived in and through sports in or out of school, especially those with a high game content and which accord with his or her interests and proclivities.

SPECIALIST AND GENERAL TEACHERS

1. The quality of physical education in primary schools inevitably depends upon the quality of the class teacher. The first and most important essential is a competent and imaginative teacher. Such a teacher can go far towards overcoming a lack of facilities, whereas the provision of the finest facilities and apparatus will not compensate for the absence of a competent teacher.

2. In nearly all the member states, the general class teacher is also responsible for physical education at primary schools. In some, there is a tendency to have specialised physical education teachers. Whichever they are, they should:

   a. establish good relationships with the pupils: this is the foundation for effective teaching;

   b. integrate all areas of the curriculum and ensure that no subject is taught in isolation from another, through a pluri- and interdisciplinary approach.

3. General class teachers need to have adequate initial training in physical education. This should allow them to acquire:

   a. the interest and the confidence to attempt this teaching;

   b. the necessary understanding and knowledge of what to teach in a balanced physical education curriculum;

   c. the necessary skills to do the practical teaching at a basic level at least.

4. An exchange of information and ideas should take place in order to identify basic needs in this area and the minimum number of hours required for an initial training in the basic levels of knowledge and practical skill.

5. There is a need not only for initial training for general primary school teachers, but also for in-service training in physical education, in order:

a. to fill any gaps left by initial training;

b. to bring teachers regularly up-to-date on the latest developments in the theory and practice of physical education and provide refresher training.

6. The nomination in each school of a teacher to be in charge of physical education as is done in some member states, has some advantages. The success of this idea depends on:

a. all teachers receiving adequate initial training so that they have the confidence to attempt the teaching of physical education, and will easily accept advice;

b. there being a system for the training and in-service training of such curriculum leaders;

c. the school organisation providing opportunities for the curriculum leader to offer practical help to his/her colleagues.

7. Where specialist physical education teachers are available to work in a primary school, they can be helpful in two ways:

a. teaching the older pupils (ages eleven to thirteen plus) on a specialist basis providing that physical education and sport is not taught in isolation from other subjects;

b. acting as a curriculum leader for physical education and sport, even while working as the teacher of a given class.

8. Perhaps the best kind of physical education specialist for the primary school is a general teacher who has been trained as a primary school class teacher, and with a physical education specialisation.

9. It is obvious that the degree to which member states are able to adopt any of these proposals depends on their economic and cultural situation and their school organisation. One country cannot reasonably adopt the model of another country unless such conditions are similar.

10. Generally speaking, however, attention should be paid to:

a. the principle that the training of a primary school teacher should be equal in duration and rigour to that of a secondary school teacher, provided that the content and methodology is adapted to the specific needs of primary school aged children;

b. the proper place of physical education in initial training courses so that all primary teachers are given useful basic training and some primary teachers (the ideal number being one per school) are given specialist physical education training;

c. an adequate programme of in-service training to help all teachers become proficient.

LESS PHYSICALLY GIFTED CHILDREN (THE CLUMSY CHILD)

1. Educational systems and teaching methods include pedagogical and therapeutic means. These include:

a. not isolating a child with motor defects or problems from the rest of the group;

  b. progressively adapting teaching methods so as to achieve an ever more individualised teaching;

  c. conforming to the teaching adage that "any task, whatever it be, must be programmed at different levels of difficulty and each pupil must choose his level of achievement";

  d. not allowing the child to exclude itself from a group because of pressure from class-mates;

  e. always acknowledging the important role played by affectivity in the learning process.

2. The reactions of a child with motor problems vary in each physical activity or sport. Consequently, the teachers' pedagogical responses should vary accordingly: he can choose from the following three basic categories of physical activity:

  a. team games and sports;

  b. individual sports with measurable tasks (athletics, swimming, etc.);

  c. exercises and stage performances (dance, etc).

3. Different problems call for different solutions:

  a. Firstly, in team games and sports, the child must never be ridiculed; on the contrary, credit is due for the mere fact of having taken part, even if the performance is not outstanding;

  b. Secondly, in individual sports where performances are measurable, teachers should then never worry about own aims, but should bear in mind that the child needs to have a personal target, different to that of other classmates.

  c. Thirdly, the teacher should create a close bond with the child, for they must both live and even overcome the latter's special situation, seeking the parents' help and assistance if necessary.

4. Competition - Copying - Games

   At primary schools in general, and particularly with clumsy children, teachers should look for games in which the weaker or less-gifted children can join in actively, even on an equal basis.

   At international level, meetings for whole school classes, not just specialised groups, should be organised.

   In general, teaching must be very individualised; the objectives set always being those of the pupil, never those of the teacher.

DIDACTIC ASPECTS OF PHYSICAL EDUCATION IN PRIMARY SCHOOLS

Despite the fact that the regular (even daily) practice of physical education in schools, the arrangements in timetables, the availability of adequate facilities and equipment, the precise definition of the teacher's role (multiplier, social or otherwise), the respective proportions of intra- and extra-curricular physical activities, vary from country to country, several common ideas are submitted to the CDDS:

1. Any reflection on the teaching of physical education should be developed mainly along the lines of motor relevance specific to motor behaviour.

2. The choice of the pedagogical approach remains the prerogative of the physical education teacher. He or she may be aided in choosing by:

    a. European training courses which compare the teaching methods actually used in different countries;

    b. refresher courses for all teachers on didactics;

    c. the appointment of European groups to popularise scientific studies by presenting them in an easily assimilable form for teachers.

3. Adult sport should no longer be the only or dominating didactic model: diversity of pedagogical approach should be maintained.

4. The child's spontaneity must remain an essential factor in physical education teaching, and pleasure in physical activity should be the ultimate criterion.

Testing physical fitness - Extract from the handbook describing the Eurofit Tests

1. Why test physical fitness? The reasons for Eurofit

    This Handbook presents the outcome of several years' co-ordinated European research into a long-felt need: the identification, or development if necessary, of effective means of accurately assessing physical fitness in children, appropriate to school and survey use. A number of established tests and test "batteries" existed already. The projected development of other national tests, with its associated duplication of effort and dilution of resources was in itself a spur to the Committee for the Development of Sport to encourage the research directors to build a complete European set and thus to contribute to that "greater unity among its members" which is the aim of the council of Europe. Sport, physical education and health cross national boundaries: they use common tools, instruments and language. Physical fitness therefore lends itself to being assessed in the same way across Europe.

    Three main reasons have inspired the creation of Eurofit:

    a. Physical fitness is an important component of health and of physical education

        Physical education is one of the few subjects which all children are required to do at school. To be physically fit is not just a help to sport and physical education; it is also a major factor in leading a happier and fuller life. Even during its experimental phase, the Eurofit tests have shown that they have many important uses:

        i. in a relatively short time they can yield a great deal of new, descriptive information on the basis of which attitudes and policies concerning the condition of children can be assessed, and if necessary, revised, often with implications for society as a whole;

ii. for the individual child, the measurement of fitness can help to develop a positive attitude to the body; the child can achieve a self-awareness of his or her physical state and thus become better motivated to maintain or improve his or her fitness; the tests can also encourage parents to become actively interested and involved in the status of their children's physical fitness (and even to improve their own);

iii. the tests may reveal individual or group health deficiencies (whether as a result of a one-off survey or monitoring changes over time through several surveys), and provide a basis for designing and evaluating possible remedies;

iv. with regard to sports participation, the tests may discover weaknesses in overall or specific aspects of fitness and thus help avoid sports injuries; on the other hand, they may reveal latent abilities which the child might wish to develop;

v. the Eurofit tests can also be modified for use with disabled children, including mentally handicapped children, and to help develop adapted physical activities for them.

The declining levels of average physical activity and exertion in the daily life of most children mean that sport and physical education are often the only forms of exercise which they have. Those studies carried out so far tend to show that levels of physical fitness could be improved and the risk of ill health - and particularly of cardio-vascular disease - decreased. On the other hand children nowadays have more opportunities and facilities for taking up active leisure-time pursuits than those available to their parents. Measuring fitness and providing information and encouragement on how fitness may be improved can promote the use of those sport and recreation facilities provided at some cost by the member states to enrich the lives of their citizens.

b. Assessment of physical fitness is of value to educators and children

While it has long been recognised as a potent attribute for enhancing the quality of life, physical fitness has suffered in the past from the difficulty of assessing its many components accurately and objectively. It has often been judged simply on the basis of results in games or competitions: 'winners and losers'. In contrast to such a performance-based judgement, the Eurofit tests are sensitive, individual and reliable instruments for assessing its various principal dimensions (cardio-respiratory endurance, strength, muscular endurance and power, flexibility, speed, balance). They are simple to administer and take account of the normal school/class environment. In addition there is a further test which lends itself more to survey or project use.

The need for an overall objective assessment has long been felt by teachers, who, in the past thirty years, have only been able to use *ad hoc* tests. The provision of a common European set of tests will allow teachers and others to proceed with confidence, on the scientific basis of the measures used, and secure in the knowledge that they are participating in a coherent European endeavour. Though the Eurofit tests are primarily designed for school-aged children (six to eighteen), they have also been used successfully with later age-groups, and can provide a stable point of reference in the difficult change from school child to adult.

c. Eurofit is a contribution to education

Understanding and acquiring physical fitness is only a part of physical education, which itself is an integral part of education in general. Physical fitness therefore is not the sole concern or responsibility of physical education teachers: it should be a common concern of children, parents, school interests, and indeed of all society. All those involved with health, sport and physical education, including of course principally physical education teachers, will have a direct interest in Eurofit, but Eurofit should and must go beyond the strict confines of the physical education lesson, and help reinforce the place of physical education in schools. The tests can contribute to the teaching of other science-based subjects and provide an important bridge with other disciplines such as human biology or computer studies. Some tests can be self-administered, and others rely on the help of class-mates. They are thus an educational tool in themselves, a way of learning and a road to self-knowledge.

While Eurofit is a reflection of best modern practice, no set of tests can be permanent: the set may therefore have to be changed in the light of new knowledge or experiences. One of the prime objectives of Eurofit is to enable common data to be collected so that scientific conclusions can be drawn from them (for example, on possible health deficiencies via population studies, the connections between participation and health) and for this strict conditions of administration are required. It is not, however, the purpose of Eurofit to prepare a picture of physical fitness in European countries. The data to be collected could be used in this way but only in the context of scrupulous research. It is at national level that the data will be most useful enabling policy-makers to take appropriate decisions in the light of solid evidence. Lastly, it should be stressed that Eurofit cannot be an instrument for assessing the performance of physical education teachers. The fitness of children reflects their life styles as a whole, and not just their exercises in two or three hours of weekly physical education classes.

2. Implementation

The Eurofit tests are simple and practical; they are based on relevant, reliable and proven ones. This has always been one of the main concerns of the Sports Research Committee of the Council of Europe's Committee for the Development of Sport. Eurofit is a co-effective package for whichever of the applications mentioned earlier it is used, and whether carried out by physical education teachers in the class or by special mobile teams with laboratory-type equipment. A class can be administered in a reasonable time and at reasonable expense. They are suitable for any child taking part in normal physical education lessons. They provide immediate standardised data and can be used over a long period of time to detect status, changes and trends. It seems that no other existing combination of tests provides similarly useful and comprehensive data relevant to the whole range of physical fitness. It is thus important for the appropriate authorities responsible for education and for sport to facilitate and encourage its implementation with as many children as possible and to make the resources - not least time, personnel and training - available for this.

The test for cardio-respiratory endurance to be selected will vary according to the mode of use chosen. Each mode imposes constraints favouring or enforcing the selection of one or the other test. Thus for national survey purposes - where it is necessary to have accurate measures of a sample of individual children and where comparisons are sought with other groups (maybe including adults) - the bicycle ergometer test will be the one chosen. Similarly, when looking for a pedagogical application of the test experience to other disciplines, the bicycle ergometer will again be chosen. By contrast when measuring cardio-respiratory endurance in a normal class situation, where large numbers of children are to be measured in a short period, often with minimal resources, the multi-stage endurance shuttle run is the only feasible test.

3. Testing and strategies

As stated earlier, all those concerned with sport and physical education are directly interested in physical fitness, and will be particularly desirous of knowing the fitness levels of those entrusted to their charge, whether in physical education, school sports and games or in sports clubs. While physical education teachers will probably be the main instigators of testing, it must be stressed once again that it is not their sole concern. They should be supported by others in the form of research teams attached to universities, education authorities or school medical or careers services. These bodies could oversee implementation, advise schools or sports clubs, train and help testers in the schools and analyse the data at regional or national level. In addition, some form of national or central co-ordination and data collection body or agency will probably need to be set up to give guidance, and to provide the main impulse for interpreting the data for national policy purposes.

One approach could be to adopt a three-fold strategy:

a. in the short term, to establish reference values on a national basis via the careful collection of data in controlled conditions (survey mode);

b. in the long term, to aim for a regular assessment (say once a year) of all children in schools under the aegis of the physical education programme, thus allowing comparison with the national reference values.

c. in the meantime, to encourage all Eurofit testing programmes, even on small-scale, national or regional, whether in surveys or in class.

Finally, it should be noted that the Eurofit tests are proposed as a common basis: they are adequate for testing the physical fitness of children, but where a national test has been developed for testing another aspect of physical fitness, such a test may be added to the Eurofit tests.

Evaluation of Experiences with Eurofit and Testing of Adults

(Izmir, Turkey, 26-30 June 1990)

Conclusions adopted by the participants at the 6th European Research Seminar on Testing Physical Fitness (Eurofit).

1. At their 6th Conference in 1989, the European Ministers responsible for Sport resolved (in Resolution N° 2/89):

"to promote actively the implementation on a wide scale and on the common basis set out in R (87) 8 of the EUROFIT tests for school-aged children"; they also noted that "the average levels of physical fitness are a cause for concern for public authorities" and so asked the CDDS to make proposals to the 7th Conference (1992) on the "preparation of suitable tests to monitor the physical fitness of adults, building upon the philosophy of Eurofit."

2. With regard to the implementation of R (87) 8 on the Eurofit tests:

   a. The 6th Eurofit seminar at Izmir was an opportunity to review progress in using Eurofit at national level;

   b. Eurofit is used in schools on a wider or smaller scale in at least eight member states (BEL, HOL, POL, POR, ESP, SWE, TUR, GBR) and by individual researchers in several others (for example, DEN, GRE, ITA). All countries which reported to the seminar underlined the useful variety of information derived from Eurofit. Only a few national authorities have developed strategies for the use of Eurofit as a small part of the physical education curriculum. In many countries, the health-related fitness aspects and potential of Eurofit have not been sufficiently appreciated. The seminar therefore request the CDDS to ask the Sports Ministers to encourage a wider co-ordination between themselves and the Ministers responsible for Education and Health so that the infrastructures of these departments can contribute to the funding and application of Eurofit. In this context, it should be remembered that Eurofit is a simple and practical set of tests, and that the financial implications are modest.

   c. The preparation of national reference scales has been completed in many member states and the methodology for preparing them (both for primary school-aged and secondary school-aged children) can be used in other member states. This methodology is set out in the report of the seminar. Each member state is strongly advised to produce, on the basis of this methodology, its own reference scales. Sometimes it may be possible to use at first the reference scales from another country with a probably similar population. The comparison of results with the national reference scales permits:

      i. a general overview of physical fitness among children;

      ii. a pin-pointing of individuals of groups with health-related fitness deficiencies. Member states who can develop criterion-related norms are encouraged to do so, in order *inter alia* to provide examples and experience. While such norms are not necessary for performance related evaluation, they are indispensable for health-related evaluation.

3. Experience with the use of the Eurofit handbook brings out:

   a. that children of school age enjoy being tested with the Eurofit tests;

   b. that they receive motivation from them;

   c. that physical education teachers find them a helpful addition to class work;

   d. that they should be used for children seven years old or more;

   e. that while a test of balance is an important component of any set of tests, it is recognised that the flamingo test poses problem for the under-eights; those children who cannot do the test (ie, 15 falls in 30 seconds) fails the test (they should not be given a score of zero) and this should be noted and included in the reference scales.

   f. the 20m endurance shuttle run test can be scored in half-steps or even in laps; but the inclusion in the scales should always be in half-steps.

4. In addition, experience also shows:

   a. that Eurofit is a useful and practical way of testing and improving the general physical fitness of national elite teams and members, particularly in those sports requiring general all-round sports skills (eg, team sports);

   b. that results from Eurofit testing can be usefully complemented with information from 'life-style'/physical activity questionnaires;

   c. the Eurofit tests can identify young people who obtain good and very good scores in some tests, thus enabling them to be guided, if so wished, towards certain sports. But it is clear that high-level sports ability or performance is not only a function of basic motor skills or cardio-respiratory endurance; additional anthropometric and psychological characteristics, socio-economic factors, and the willingness to learn and train are important. The interaction of all these qualities is equally important. The Eurofit tests, though they evaluate a basic and fundamental part of these qualities, do not, obviously, evaluate all of them.

5. a. The Eurofit video, prepared by Greece at the request of the CDDS, was presented to the seminar in a draft form. This will be revised with the help of two Eurofit experts, and will then provide both a standardised audio-visual description of the tests, and a common aid for teachers everywhere. It is suggested that national authorities should encouraged the promotion of teachers' kits based on the Eurofit handbook and video, preferably utilising computer technology.

   b. Furthermore, consideration should be given to making appropriate arrangements for the distribution of information on national Eurofit testing and for the co-ordination of results in a common data base. ..

   c. Lastly, there is evidence that the use of Eurofit among school-aged children is an aid in attempting to predict general physical fitness in adult life.

6. The seminar therefore recommends that the CDDS, with the help of the DS-SR, prepares a report on the implementation of Eurofit for the 7th Conference in 1992 with a view to providing information on successful schemes, and suggesting ways of encouraging a better and wider use of Eurofit.

7. With regard to the physical fitness testing of adults.

   a. A small number of member states have already begun such testing, sometimes on a wide scale. This testing has been based on either the Eurofit tests or new methods. The choice of method depends on the objectives of the testing - physical fitness; occupational fitness; health related fitness (for example, cardio-vascular disease risk and retention of functions); or on its scale - small field tests or population surveys.

   b. Adult testing on a common European basis requires a clear definition and agreement on the dimensions and factors of physical fitness that should be tested. The 'old old' will be an increasing proportion of our populations and may need additional or other tests for other reasons.

   c. Among the more technical questions which need answering are: the need for a literature survey, to take account of the latest knowledge and experience both in and outside

Europe; the desirability of linking testing with questionnaires on health, physical activity, diet, etc; the importance of safety questions; whether tests will be self-administered or by professionals; the resources to be made available.

d. However, the seminar believes that the six dimensions and the other data selected in Eurofit[2] are appropriate bases for an "adult Eurofit". The main objective should be the preservation of functional abilities and capacities. These capacities include health, physical and practical factors of fitness. Therefore the relative importance of each dimension may vary (for example, with age), and not all the factors may need testing.

8. The seminar recommends to the CDDS:

a. that member states report on any physical fitness testing programmes or projects on any group of adults;

b. that such programmes or projects should be encouraged and supported as pilot work leading to the development of an "adult Eurofit".

9. Priority might be given to projects which can incorporate some or all of the following indications agreed by the seminar which take account of some of the already known specific needs of adult physical fitness tests and follow a health-related order of priorities:

a. medical screening procedures, questionnaires, etc.

b. possible exclusion criteria for each test;

c. the anthropometric measurements should include, besides those already in Eurofit:

i. thigh/hip/waist ratio;
ii. half-span length.

d. cardio-respiratory endurance

There are age/safety factors which militate against maximal tests in some situations. Medical authorities may be reluctant to sanction maximal tests. Though 20m ESR may not lend itself to common or group use by adults, it is an appropriate test for almost all ages. Walking tests. may be appropriate for mass/field tests. A bicycle ergometer may be best for laboratory use, with a modified PWC_{170} test (for example, PWC_{130} or PWC_{150}, or 85% of estimated PWC);

e. Flexibility

The sit and reach test should continue to be used as a test of general flexibility. Shoulder flexibility can also be tested for functional ability, using a goniometer or other method.

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[2] cardio-respiratory endurance, strength, muscular endurance, speed, flexibility, balance.

f Trunk strength

Sit-ups are appropriate for most ages and conditions. Attention should be paid to the possible consequences of fatigue in this test upon performances in later tests. Another possible test is a curl-up test, particularly for older people.

g. Functional strength

The bent-arm hang test is not generally appropriate for adults. Modified pull-ups should be experimented, as well as other methods.

h. Static strength

This dynanometer is useful, but maybe less appropriate for the elderly.

i. Explosive strength

The standing broad jump is not appropriate for elderly people (balance problems). For elderly people, power is an important explosive strength (for example, climbing stairs). A vertical jump test (for example, the Abalakov test) or other tests may be more appropriate.

j. Balance

This is an important factor for elderly people. A modified flamingo test (eg, broader beam; not holding the other leg) may be considered.

k. Speed

A modified speed of limb (plate tapping) test may be useful. The running speed/agility test is not vital and indeed poses problems. Tests of reaction time would be highly relevant, and should be experimented.

If these tests are to be used in in-depth health-related studies, additional medical data will be required (for example, blood pressure, blood lipids, etc.)

10. The seminar noted the ICSSPE work on fitness tests in exercise and health promotion for adults, and that the Decade of the Tropics' programme was developing field tests of the physical status of whole populations, and that communication would be mutually advantageous.

11. The seminar hoped that the CDDS would approve the holding of the 7th Eurofit seminar in 1992 in order to assess, in particular results of work on adult physical fitness testing following the guidelines set out in paragraphs 8 and 9 above.

12. The seminar expressed its gratitude to the voluntary editorial committee which would oversee the preparation of the seminar report (H. Levarlet-Joye/G Beunen; H Kemper/W van Mechelen; C Boreham/ W Tuxworth).

13. The seminar expressed its deep gratitude to the Turkish authorities (the General Directorate of Youth and Sport; the Sports Medicine Department of Ege University, Izmir) for the organisation of, and hospitality during, the seminar.

Seminar on Education against Doping
(Vienna, Austria, 1990)

Conclusions adopted by the participants

PARENTS

1. Attitudes of athletes' parents

   a. Possibly threatening attitudes:

      i. parents may not be interested in their children's sports practice;
      ii. parents may get over-interested in their children's results;
      iii. parents may automatically support everything their children do.

   b. Possibly advantageous and beneficial attitudes:

      i. parents desire the fulfilment of their children;
      ii. parents try to encourage a lifestyle and education which facilitates a harmonious entry into social life;
      iii. in cases of failure, the family is a place where children can find their roots, find sympathy and recharge their batteries.

2. Main types of behaviour by parents

   a. Parents have a basic role in making their children responsible and autonomous. Thus they can be armed to choose, and not, for example, succumb to the temptation to use dope.

   b. Parents transmit basic values. Family units transmit basic information such as restraint in the use of medical drugs, knowledge of diet and food.

   c. Parents talk to their children all the time and can thus ward off doubtful behavioural patterns (such as drugs).

   d. Nevertheless, among these beneficial attitudes, it is necessary to discriminate between:

      i. adolescents already in top-level competitions and often far away from their parents. Their role will be indirect and infrequent;
      ii. the young participant for whom the parents' role is of major importance. The way this role is played will probably influence later behaviour.

3. Ways of getting the message across

   It is vital that the message is put positively otherwise parents will think that sport may be risky for their children, including finding a career later. Furthermore, the message should use real examples of success both in careers and in life.

4. Possible contents

   a. Information for parents should explain what sport is like nowadays - its limitations, its demands, its challenges, its role as an opener to later success.

   b. Information for parents of young sports people not yet in top level sport should concentrate on good life style habits (respect for rhythm, time management, sleep) and on balanced and varied eating habits. This will lead later to a knowledge of diet. Lastly, information on the need not to have systematic recourse to medicines and vitamins all the time should be included.

   Coaches should be encouraged to take the initiative in setting up contacts with parents, and, once such liaison is set up, to keep it going.. Dialogues should be frank and nothing hidden between the coach and parents.

   Lastly, the seminar stressed the need to involve parents in the athletes' circle and environment in the same way as other target groups, even if the parents' role is different.

TEACHERS

The review of the Austrian Schools Programme showed that schools can play a role in anti-doping campaigns.. However, the need for adequate resources, specific guidelines and attention to the implementation of education programmes was obvious.

Objectives for education programmes had to reflect the needs of very specific target groups. In other words, general anti-doping messages delivered to the entire school population are inappropriate.

An appropriate approach for schools could be the promotion of the ethics of fair play in sport, the presentation of opportunity to experience the healthy benefits of sports participation, and the dangers of drug abuse.

Specifically, it was felt teachers required accurate information in a non-technical format; and training in the skills and strategies to conduct drug education.

The information and training teachers require should be initiated by anti-doping organisations and developed in collaboration with the relevant expert groups, for example, education, health and sport.

Advocacy by sports leaders for education campaigns is essential.

The education of sports leaders is an obvious need to encourage the necessary support and commitment for anti-doping education programmes.

Special attention to the implementation of education programmes is required. Whenever possible the national anti-doping agency should be responsible for implementation.. If no such organisation exists, the co-ordination of all anti-doping groups within a country must be a priority.

GUIDELINES FOR TEACHERS

1. Introduction

   School teachers may have little or no knowledge about drug abuse in sport or doping control methods, therefore, the involvement of other agencies and organisations in the preparation and implementation of anti-doping campaigns would be vital. Moreover, the message needs to be consistent with other organisations. The following guidelines may assist teachers to develop and to produce an anti-doping campaign.

2. Aims and Objectives

The general aims of anti-doping education in schools should be prevention and deterrence.

To achieve these aims, anti-doping campaigns should be planned which develops attitudes and behaviour. The objectives should reflect the needs of specific target groups and provide appropriate experiences.

Teachers responsible for sport are likely to be the main focus of anti-doping education both in the school setting as part of the Physical Education curriculum and in extra-curricular activities. Other teachers could also support the campaign (health educators, social educators, subject teachers).

In carrying out an anti-doping campaign the stages which should be considered are:

a. Preparation includes consultation, assessment of resources, identification of the needs of the target group and curriculum planning.

b. Delivery methods appropriate to the target group should be decided by the implementer - the teacher. Formal lesson plans to bring about learning situations could include role plays, discussions, questionnaires, information exchange. Opportunities for informal learning to reinforce the messages may be found in sporting and non-sporting situations.

Depending upon the method of delivery anti-doping education could be arranged in a concentrated one-day project, a module within the curriculum, a cross curriculum issue and as an ongoing principle.

3. Evaluation is an essential component of education programmes. Knowledge and changes in attitude should be regularly reviewed to assess the impact of anti-doping education and to influence curriculum planning.

Teachers should develop lesson plans and learning experiences which take the general issue of drug abuse in sport apparently affecting only the top performers to their own situation and their own level. The issue of drugs in sport is among other things a moral dilemma and can help to develop social attitudes towards the use of chemical aids to sporting achievement and generally to cheating in any competitive or other situation.

RESOURCES

Agencies which could help to develop an anti-doping campaign include organisations responsible for health, justice, culture and sport. As well as being able to provide technical information it may be helpful to involve these agencies in transmission of the message.

Local resources should also be investigated, for example sports personalities, doctors who may be able to contribute to the learning experience.

It would be useful to link up with other anti-drugs campaigns mounted by sports organisations, or health education organisations to extend the type of resources available.

Material resources such as curriculum guidelines and lesson plans must have well thought out objectives. Education programmes for schools need to reflect continuity in their approach and should build in an evaluation component.

STUDENTS

1. School pupils are a very important target group. Appropriate anti-doping information will have several repercussions :

    a. an early warning to pupils on the dangers of doping, its consequences for health, and also on "prestige" factors;

    b. pupils influencing people about them (parents, family, friends).

    School can also influence these young people who practise sport outside clubs in fitness centres, gyms, etc. which sports organisations campaigns and measures have not yet reached.

2. Awareness and information can be done:

    a. with large scale information campaigns with posters, videos, etc., as in Norway;

    b. with *ad hoc* awareness using direct contact with the subject in school classes, as in Austria.

    Both approaches seem to be successful. They should be evaluated.

3. As doping is often considered a "minor" problem, an anti-doping campaign could be combined with others (for example, drug or medicine abuse).

4. Work with pupils should go hand in hand with work with parents, as adults should be in a position to answer young people's questions.

Ethics in Sport and Young People

(Reykjavik, Iceland, 1991)

CONCLUSIONS

The seminar was in three parts:

1. a scientific debate on values;

2. progress reports by national delegations on the interim results of the "Bedford enquiry" (co-ordinated research project);

3. a report on fair-play campaigns.

SCIENTIFIC DEBATE

Following an introduction by the Icelandic hosts and the General rapporteur Mr Martin Lee, various aspects of the "value-debate" were presented by the following guest-speakers: Ms Brenda Bredemeier (USA), Mr David Shield (USA), Mr Armin Regenbogen (Germany).

Some of the ideas put forward in the discussion are enumerated hereafter in order to indicate the trends of reflection.

Sport helping you to maintain good physical form was, in its origins, and in particular in a hard natural environment, a means of survival. In the late 19th century vision, sport became a symbol of open and fair struggle. But this concept is threatened nowadays by the notion of "winning at all costs".

1. The ways the values of sport are perceived, vary depending on its function (symbol of national superiority, down to earth financial considerations, self-fulfilment, etc...)
2. In any discussion on values, it is essential to distinguish between moral values, and other, non moral values (such as: sport prevents young people from taking drugs).
3. There are basically three opinions with regard to relations between ethics and sport:
    a. positive: sport is good for you;
    b. neutral: sport exists in a moral vacuum;
    c. negative: the pessimistic view.
4. The educational value of sport (sport teaches you how to lose, sport develops your character) is more and more contested: "instead of building character, it builds characters".
5. It should be remembered that games and play, considered to be at the core of children's socialisation and moral development (they learn to take decisions, to make mistakes, etc.) take place in a non-authoritarian environment; whereas in organised sport, interference by adults (referees, coaches, parents) changes the pattern, introducing a relation of constraint: the fun element gets lost. One should consider a change in the way sport is taught to children.
6. In a context of educational democracy ("just community approach") children learn to enforce moral values because of attachment to their group.
7. It appears that children cannot define fair-play but can easily tell what is not fair-play: it might be useful to insist on positive behaviour.
8. Nowadays, success tends to become a new basic value in itself.
9. The major problem is that achievement values are diametrically opposed to social values: how can a balance be achieved between the two?
10. Enquiries show that achievement values are diametrically opposed to social values: how can a balance be achieved between the two?
11. Enquiries show that achievement-related values (efficiency, health, ambition) are more important for young people doing sport than for young people with other hobbies.
12. It might be useful to investigate further the links between role-taking ability (ability to understand other people's state) and moral action.
13. A lot of things that happen in sport are due to routine which tends to be underestimated.

BEDFORD ENQUIRY : PROGRESS REPORTS BY COUNTRIES

As Martin Lee recalled, the purpose of the enquiry was to identify the salient values that underlie the freely expressed views of children.

The following countries have started the enquiry according to the Bedford model: Belgium, Finland, France, Iceland, Ireland, Luxembourg, Spain, Sweden, United Kingdom.

Most delegates underlined the fact that the enquiry was in its first experimental stage, but they still tried to give a tentative analysis of the results, which allowed the drawing of some conclusions.

The following is an attempt to sum up some common findings but must not be considered as a conclusion of the enquiry.

1. Winning and enjoyment appear to be highly valued. Male players tending to attach more importance to winning than to enjoyment and vice-versa for girls.
2. Happiness about playing well (self-achievement) is very important ("it is better to play well and lose than play badly and win").
3. Moral behaviour varies according to the importance of the game.
4. Although there seem to be no significant differences in the various age classes with regard to the answers given, there seems to be a growing tolerance of rule-breaking with increasing age and increasing commitment to highly competitive games.
5. There is a strong attachment to the team: "team interests are first".
6. Coaches and parents have a strong influence.
7. Subculture determines behaviour:

   you don't need to make your own moral judgement since you are in the system: the responsibility is delegated to the referee.

8. "higher up, they play foul" (so why shouldn't we?)
9. There is a tendency to expect rule-breaking from the other and to attribute fair behaviour to oneself. But this negative expectation with regard to the other might under the pressure of action influence one's own behaviour.

Furthermore, one delegate considered that it might be difficult to reach agreement on a single recommendation since sport habits varied from country to country (it is interesting to stress in this context that whereas health and fitness ranked first in one country, they ranked last in another one).

Another delegate suggested that interpretation of the results should take into account the psychological background of the interviewed, as well as the social, educational and media environment, recalling in particular how enquiries had shown that terminology used in the media coverage of wars had an impressive similarity with the terminology used in the context of competitive sport (and, indeed, vice-versa).

FAIR-PLAY CAMPAIGNS

On the basis of an introductory report by Per Nielsson, and a trend-report on fair-play campaigns by the Clearing House and the presentation of national campaigns (summaries), it appears that thirteen European countries have run or are still running fair-play campaigns, they are : Belgium, Finland, France, Germany, Iceland, Luxembourg, Netherlands, Portugal, Spain, Sweden, Switzerland, United Kingdom and Yugoslavia.

Initiatives for such campaigns come from sports associations as well as from public authorities and some are supported by the media and/or other sponsors. Some campaigns are directed to a wider audience (including the public at large) whereas others are limited to a specific sports discipline.

1. Initiatives to promote fair-play education include:

   a. editing fair-play rules (mostly insisting on the positive formulation of commandments);

   b. campaigns in school, universities and sports clubs;
   c. Global value education at school (transmission of humanist values);

   d. fair-play trophies (although experience seems to indicate that the winning of a fair-play trophy and the winning of a championship never (or seldom ?) coincide);

   e. training educators and coaches;

   f. playing and singing a fair-play hymn at the beginning and the end of a game;

   g. information material in form of booklets, posters, stickers, diaries, etc;

   h. involving young people in the running of the campaign;

   i. involving "pioneers" (famous players, coaches, stars, etc);

   j. proclamation of a "Year of ethics";

   k. activities especially directed towards parents ;

   l. media involvement ;

   m. involvement of sponsors.

2. For the Clearing House, the main principles emerging from the campaigns are as follows:

   a. the promotion of sports ethics can only be done if sport is placed in a global social context;
   b. principles of sports ethics have to be transmitted as from childhood and have to be part of the socialisation process;
   c. all social actors have to be conscious of their responsibilities.

It was generally felt that an evaluation of the results of the campaigns would be highly desirable and that given the great influence of coaches on young people, an appropriate pedagogical preparation of coaches should be seriously envisaged. (They are normally hired for their technical skills regardless of their educational capacities).

Any further action on campaigns should keep in mind the conclusions set out in the report on the Swedish Fair-Play Campaign:

"Although the effects of campaigns have not yet been evaluated, one can conclude that combating violence and drug abuse involves, to a certain extent, attacking top sport and consequently - given its entertainment value and the involvement for mass media and sponsors - attacking the current order of society, which might provoke a strong resistance from important interest groups".

Youth Camp for Disabled Children and Young People

(Lake Madras, near Tussle, Bosnia and Herzegovina, 15-22 August 1997)

The purpose of this Camp was to help in the physical and mental rehabilitation of children injured during the war in Bosnia. It was also hoped to provide some practical training and support for those already working or training to work with disabled children.

The 41 children and young people who took part, ranged in age from 6 to 18. Many had been injured during the war. Some were leg or arm amputees, some were blind and others were suffering from mental trauma due to the loss of family members.

The programme included beach games, swimming and water activities, volleyball matches and other games and competitions. There were also excursions to the surrounding countryside, boat trips on the lake and a closing barbecue and campfire. As there are at present very few opportunities for children to swim in Bosnia swimming and beach games were particularly appreciated by the children.

The Camp fulfilled a useful purpose in that it helped the children to realise both that there were other young people with similar disabilities and that such disabilities did not necessarily create an insurmountable barrier to activities such as swimming. The children developed increased social confidence and skills in the context of an enjoyable holiday.

2nd Camp for Children and Young People with Disabilities

(Neum, Bosnia and Herzegovina, 1-7 July 1998)

A summer Camp for children and young people suffering from a wide range of disabilities, both physical and mental, was held at Neum on the Adriatic coast in early July. There were 31 children present, nearly a third of who were in wheelchairs. The children whose ages ranged from 6 to 16+ were accompanied by carers, which included parents, siblings or other people from the regions where they live.

For the first time since the beginning of the Action Plan it was possible to bring together in a single activity people from all parts of Bosnia and Herzegovina. Nine children and their carers came from the entity of Bosnia and Herzegovina. known as the Republika Srpska. They were escorted to and from the Camp by the German security forces. This appears to have been one of the first times that people from both the entities of Bosnia and Herzegovina have met together within the frontiers of their country for a common activity.

As well as beach and water activities the children benefited from courses given by a German wheelchair mobility team. The German team and Andrea Scherney, the Project director, brought five wheelchairs with them as gifts for the children and took the measurements of the other children in order to provide them with chairs at a later date. There were also workshops for painting, music and poetry and preparations for the concert on the final evening.

The Camp was considered to have been a successful activity in that it really succeeded in integrating participants from the two parts of Bosnia and Herzegovina and providing useful and helpful information for the children on managing their disabilities within the context of a very pleasant holiday.

Seminar on Fair Play, Tolerance and Social Cohesion for Children in Sport: Physical Education Teachers' Training Project

(Krani, "the former Yugoslav Republic of Macedonia", 2-3 July 1998)

INTRODUCTION

This Seminar was planned by the authorities of the Ministry of Education and Physical Culture of "the former Yugoslav Republic of Macedonia" in co-operation with the Committee for the Development of Sport of the Council of Europe. It was intended to look firstly at three vital issues in European sport today, social cohesion, fair play and tolerance and secondly to examine ways that co-operation on sport in the Balkans, particularly among school children, could be organised and extended.

PLACE

The Seminar was held at a sports camp for young people, on the banks of Lake Prespa where summer sports activities are organised for children and young people. The programme is arranged around popular sports, such as basketball and handball and water skills. In the evenings there may be talks for the young people on such questions as, for example, the dangers and problems of using drugs to enhance sports performance. The sports facilities include a large swimming pool, which is nearing completion.

PARTICIPANTS

The participants included 2 representatives from the following countries: Albania, Bulgaria, Cyprus, Romania, - these were mostly government officials, working in the sports area. There were representatives from "the former Yugoslav Republic of Macedonia", including several teachers of physical education.

The Deputy Minister of Education and Physical Culture, Mr Hasan Jashari, opened the Seminar.

PROGRAMME

The programme was divided into three parts.

Part 1 Presentations on: Fair play in sport by Taki Djikov.

Tolerance in the plural national minority and religious community in the school sports activities by Vesna DAMCEVSKA

Social integration of children through sport by Jaap Verkroost.

Due to the current problems within sport activities, particularly in school sports, the above items were of special interest to the participants.

Part 2

The second part concerned information on the current sports programmes in schools and concentrated on the classic sports in this region - basketball, volleyball and handball. Training manuals, inexpensive and well produced by the authorities of the host country on the sports concerned were presented and there were demonstrations of the training process.

Part 3

The third part concerned co-operation between the Balkan countries. It was hoped that, in the near future, there could be an exchange of information, joint competitions and international camps.

Sport and Local Authorities

(Madrid, Spain, 1979)

GENERAL CONCLUSIONS

1. Sport should be considered as a public service for the community.

2. Local councils should give priority to the promotion of sport for all or other aspects of sport.

3. Participation by the population and voluntary organisations should be encouraged and co-ordinating structures created.

4. The financing of this public service will usually be the responsibility of the local council, with the help of the state. Users should in principle make a small contribution to the cost of public facilities.

5. Sport is an instrument of international understanding between people and towns.

RURAL AREAS

A rural community was defined as a small community with less than 10,000 inhabitants, in a mainly agricultural area; it has sporting needs and traditions which differ from those of medium-sized towns and large cities.

1. In rural communities the development of sport as a part of general development requires a realistic programme based on co-operation between all the parties involved, including public authorities and voluntary bodies. The forms of this co-operation and development depend on the legal structures of the country and the sporting, social and cultural traditions of the community.

2. If the sports needs of rural communities are to be satisfied they should be able to call on financial and technical help from statutory and voluntary bodies. This help will only be effective if the rules are flexible. One of the objectives to be met is the provision of adequate facilities, in particular facilities suitable for joint sport and cultural use.

3. The development of sport is one of the main factors in improving the quality of life of the inhabitants in rural communities and may encourage their continued residence.

4. In developing its sport activities, the rural community contributes to revitalising the cultural life of the community. Such development can also make an important contribution to encouraging a better understanding within the community.

MEDIUM-SIZED TOWNS

Using the introductory report on Pau in 1978, the participants emphasised the fact that every local community is faced with the problems which arise from the three main types of users of its sports facilities, that is, school children, organised clubs and un-affiliated participants.

The contributions made towards the capital and running costs of provision for sport and recreation from central government, from regional, provincial and local sources, as well as that from voluntary organisations, varies among the member states.

However all agreed that it was imperative for all the European governments to appreciate that sports and physical education begins in schools and should be made available to all; it follows therefore that all citizens have the right to practise sport and recreation as an integral part of their culture and a factor in the full realisation of the individual.

In order to ensure their full use, facilities, outside school time-tables, should be open to the public and thus there is the need for a body to co-ordinate the needs and fix the time-tables for the users in all three afore-mentioned categories, a role which is played in France by the Municipal Sports Office.

Once each authority has fully understood its responsibility, a full co-operation is desirable to avoid many dispersed efforts and too much investment in one project where it would be better employed in another. To summarise, there should be a common consideration of the needs in order to decide the location of the facilities necessary to respond to these needs.

If the medium-sized towns should be specially assisted due to their role as leaders with regard to their surrounding small communities, the provision of functional facilities is preferable to the building of oversized complexes, which should be left to the large cities. However, it is of the utmost importance that the architects avail themselves of the advice of sports specialists and the users; here the role of the sports leaders is too often ignored. Human resources should be the starting point for all sports policies at a national level and these should be applied after a discussion with the local authorities who have to meet the daily needs of their citizens especially those who are not affiliated to any association.

The role of the local communities, in the sports context, can be considered at several levels:

1. investigation;
2. planning;
3. organisation, which includes administration, promotion and also evaluation of what has been done.

It would seem that the investigation should be empirical and pragmatic, in order to be as effective as possible, and include consultation of potential users.

The problem is whether to provide facilities near to the users or to attract the users to multi-use sports facilities on the borders.

When taking the local context into account, it is advisable to use every opportunity which arises for a transformation to multi-use of certain sites in the centre of towns, both indoor and open air, which are not permanently occupied (covered markets, coach garages, etc). With regard to town planning, care should be taken to provide for sports areas at the same time as other buildings, whether they be small local facilities or larger complexes, and always taking into account the needs of the handicapped.

The creation, in or near towns, of sport and recreational complexes which offer the services of permanent sports leaders and a wide variety of free activities (thus avoiding the separation of the members of each family and providing a meeting place) should be studied together with the provision of public access to them (buses, cycling tracks, etc).

The opportunities offered by the natural environment for open air activities should not be forgotten.

It is necessary to make the population aware, by inviting them to participate in the planning of projects and by providing information in the press and on the local radio, about the creation of facilities which are open to all and underlining the transport and services available.

It is desirable to ensure a close co-ordination between administration and "animation". The latter, when aimed at those who are not affiliated to any sports organisation, should be entrusted not so much to single-discipline specialists, except in certain specific sports, but rather to multi-sport "animators" whose main pre-occupation should be to give life to facilities and make them suit the users' requirements.

The local communities, which subsidise the sports associations, can count on the technical staff of the latter in order to secure a high level of sports instruction.

Sport for all should be considered as a public service and thus should receive the same financial aid as other public services (health, education, etc) not withstanding the fact that it may receive other complementary funds not included in such budgets. In view of the investment and running costs of these facilities, the users should make a contribution - even if only a token one - although care should be taken that the sum is not an impediment to the practice of sport by all, and that special arrangements are made for the under-privileged.

In conclusion, sport - as a public service - must be given sufficient finance by the authorities so as to participate usefully in the creation and management of sports provisions based on the needs expressed by the local communities who play a stimulating role in developing the sporting activities at all levels.

With this aim, it would be desirable to create a consulting and co-ordinating organisation at the local level.

LARGE CITIES

1. Questions of principle

a. Sport is an individual and social need, and public authorities have to ensure that the necessary services are available to the community. Local authorities should ensure that all citizens have equal and fair opportunities to take part in sport and recreation.

   Besides its own intrinsic values, the benefit of sport as a preventive contribution to the health of the nation makes it a subject of legitimate concern to governments.

b. The responsibilities and roles of the local authority are:

   i. to make provision for an adequate number and range of facilities;

   ii. to see that suitable activities - to be organised as may be most appropriate - are made available to the public;

   iii. to provide money (in conjunction with other authorities) for the practice of sport;

   iv. to complement and support the voluntary bodies and to act in partnership with them;

   v. to encourage the provision of activities for both organised and unorganised participants in sport; the latter are likely to be a growing priority for local authorities.

c. Local authorities need support from central government. There is a need therefore for a firm national commitment to the development of sport; for central government to stimulate local authorities to act; and for central government to allocate sufficient resources to sport to support the local authorities. Sports policies require long term planning, and this must be done in conjunction with other areas of public life so that an integrated policy is developed.

d. Large city authorities in general have the following particular characteristics and problems:

  i. the space available for sport and recreation is often limited, and the price of land very high;

  ii. "inner city" areas, or areas of deprivation, pose special problems;

  iii. urbanisation affects the patterns of social life, including participation in sport;

  iv. social communication is often limited and human resources are neglected;

  v. there is a need to improvise, adapt or convert facilities for sport from whatever buildings may be available in order to overcome the shortage of space;

  vi. large cities will have a wide range of facilities and some will wish to provide national facilities.

2. Tasks and powers

a. Facilities

  i. The cost of land in large cities and of building now often puts the price of new facilities beyond the reach of sports clubs. As the European Sport for All Charter states, the provision of facilities is a public responsibility, where clubs cannot provide for themselves.

  ii. Cities should aim to provide a balanced range of facilities - both low-cost and to competitive standards, for organised and unorganised sports - and to provide an adequate number to allow access for the whole population.

  iii. The conversion of old buildings and new sports technical developments offer scope for a more flexible approach to the provision of adequate facilities.

  iv. Existing facilities should be used and exploited to the maximum: for example encouraging the dual use of school facilities and other public establishments, such as halls; using facilities to competitive standards for mass sports events and activities.

  v. Consideration should be given to the use of natural resources within the city (rivers, parks, canals, woods) in particular for unorganised sport, and on the edge of the city (forests, green belts, etc), possibly in collaboration with neighbouring authorities.

vi. Cities should consider how they might use, or acquire, legislative powers in order to provide for an adequate number of facilities, such as compulsory purchase, creation of pedestrian areas, powers to provide for access to natural resources, etc.

vii. Long-term budgets can be established with the help of guidelines on the level of provision of facilities to aim for; but inventiveness and flexibility are of major importance, particularly in responding to new demands and requirements.

viii. Where commercial clubs are prepared to open their facilities to the general public, in particular where the facilities are strategically placed, cities should consider subsidising them for this purpose.

ix. Ensuring that the whole city is adequately supplied with facilities accessible to the population will probably require planning by zones and areas.

b. Management, promotion and staff

i. The principle is that human resources are as important as facilities and should be fully used.

ii. Some local authorities entrust the management of facilities exclusively to clubs; but most consider they have an obligation to provide properly qualified staff, often in co-operation with the clubs. Self-help should be encouraged, as self-management keeps costs down.

iii. Local authorities' responsibilities include maintenance and public safety (for example, in swimming baths).

iv. Management should encourage use by unorganised participants as well as by club members and bear in mind the important effect of details such as timetabling.

v. Many cities need sport "animators" - either public or club - (such as "trim leaders") to work directly with people, either in response to a request or to stimulate activities. The training, qualifications and status of such animators will vary.

vi. Management must be co-ordinated and integrated with other institutions (e.g. schools) so that team work is encouraged.

vii. Natural resources also require careful and understanding management and control.

c. Consultation of the public

i. Good management depends in part on an understanding and knowledge of the local population's needs, and the ability to attract new participants into sport. Growing importance is attached to associating the public with sports policy, in planning and in implementation. The quality of the response depends on the quality of the consultation.

ii. Besides the well established channels of communication (such as Stadtsportbund, Offices Municipaux de Sport, local advisory sports councils, users' committees, etc) new channels are being used: tenants' associations, school committees, neighbourhood councils; local politicians can also help bring local needs to the attention of the city council.

iii. In large cities, the need for decentralised and local channels of communication is particularly important.

iv. Research enquiries and surveys are important tools, and initiatives should be properly monitored; action and experimentation can also create and satisfy sport demands.

v. Potential users should be properly informed of the opportunities available to them.

vi. Some people, particularly in large towns, (e.g. the handicapped, the elderly, immigrants, young mothers) have special needs which vary; they require appropriate activities and programmes to be provided by local authorities, in co-operation with sports clubs. These activities should be done thoroughly and followed up with proper continuity.

Integrated facilities

(London, United Kingdom, 1979)

At the 1st Conference of European Ministers responsible for Sport, held at Brussels in March 1975, the Ministers adopted, *inter alia*, the following resolution:

"Encouragement must be given to the provision of facilities that can be used for both school sport and voluntary sport and, whenever possible, to the combination of cultural and sports activities" (paragraph 3c of Resolution N° 2/75).

At their 2nd Conference, held in London in 1978, the Ministers reiterated the importance they attached to this subject by inviting the CDDS to promote the study of the "provision and equipment of integrated sports and recreational facilities" (Resolution N° 2/78).

The CDDS initiated work on these themes in 1976. The consequence of this European co-operation was a seminar held in London from 29 October to 2 November 1979. The participants adopted a text covering the philosophy, the funding, the design and planning and the management of integrated sports facilities, which they submitted to the CDDS.

This text does not pretend to be exhaustive; nor is it necessarily suitable for immediate application as it stands in all the member states. It does, however, draw on their collective experience in the matter of integrated facilities; it gives reasons for pursuing a policy of integrated sports facilities; it emphasises the potential financial savings to be made at a time of economic stand-still or recession; and it suggests a number of ways in which such a policy can be carried out and the advantages to be derived from it. With regard to questions of structures, the CDDS is conscious that each country will wish to maintain its own traditions: the text does, however, draw attention to the fact that a basic necessity for the successful implementation of a policy for integrated facilities is a system which permits co-ordination and co-operation between the different departments and bodies involved.

The CDDS therefore submits this text for information to the appropriate national authorities in the member states in the hope that they will derive from it practical information, experience and encouragement should they decide to promote a policy of integrated sports facilities in the sphere for which they are competent.

PRELIMINARY STATEMENT

In the complex relationship between sport, education, culture and social life there is an inevitable degree of complementary ground offering opportunities for providing integrated facilities, designed to lead to a better quality of life.

Such integration is likely to succeed when a co-ordination of the different functions is achieved by co-operation between providers and users of the facility.

There is a distinct economic advantage to be gained by putting the financial resources of several organisations into common projects. Long term and co-ordinated planning will lead to optimum use of facilities and will help to avoid unnecessary expenditure.

The CDDS stresses that the facilities for education and sports and leisure activities are resources of the community. Politicians, administrators and all those responsible for planning, constructing and making the best use of them should do so for the benefit of the whole population.

On the basis of the definition of "integration" used for this theme viz:

> "The provision, use and management of facilities for sport, physical recreation and leisure by education establishments and the community, including sports clubs"

the following text was approved by the CDDS.

PHILOSOPHY AND POLICY OF INTEGRATION

1. The appropriate national authorities are urged to consider the working definition used at the seminar in the hope that:

    a. they can accept the definition as a basis for declaring their support for the philosophy embodied in it;

    b. they will consider the establishment of National Working Groups representing Government, local authorities, sport and other social agencies to consider how policies based on this philosophy could be implemented within their own country.

2. Experience suggests that the principle of multiple funding results in better integrated facilities with representation on any facility's governing body broadly in accordance with the sponsoring agencies.

3. In view of the widespread interest and support for this concept, the procedure for the exchange of information and a broader dissemination of research documents on the benefits of integration should be considered; research projects and procedures for monitoring changing needs should be established.

PLANNING AND DESIGN OF INTEGRATED FACILITIES

1. Whichever central, regional or municipal authority takes the lead in integrated planning and management, the policy should be implemented as part of a comprehensive inter-departmental plan, which in many member states will involve public participation.

2. While striving to meet the sports needs of education and the community in an integrated way, it is also desirable to provide for social, cultural and other activities; there may be a special need to do so in areas of scattered population, and unique opportunities to be grasped in areas of new urban development and change.

3. Integration of community and educational sporting facilities should operate in all types of educational establishments from primary schools up to and including universities; this will involve re-examining existing resources as well as building new ones.

4. Noting how integrated facilities are in use by large numbers of people for many activities for up to 100 hours a week, adequate and appropriate standards of space, finishing and equipment should be specified and used; this will contribute to more economical operation and maintenance in the medium and long term.

5. Where surplus facilities become available either through falling school rolls or through education re-organisation, there are significant opportunities for extending integrated use.

6. New facilities should be flexibly designed as experience has shown that the use of and demand for facilities changes substantially over a period of ten to fifteen years.

MANAGEMENT OF INTEGRATED FACILITIES

1. Well co-ordinated structures, involving central, regional and local government together with appropriate statutory and voluntary agencies, will facilitate the development of integrated schemes at local, that is neighbourhood level.

2. The principle of integrating under a unified management structure the local community's sport, leisure, youth and adult education activities might be adopted.

3. The system of management adopted should clearly state its aims, objectives and responsibilities which reflect the needs of the local community.

4. There is an urgent need for management and technical training at all levels; the appropriate ministries should be actively assisted in the development of programmes appropriate to each country's needs, bearing in mind senior management and post-graduate training requirements in a European context.

Low-cost Sports Facilities

(Marlow, United Kingdom, 1982)

From the wealth of information exchanged at, and in the light of the discussions during the seminar, the following conclusions are among those which may be drawn:

POLICY AND PLANNING

1. The present economic climate and the need to ensure the best value possible in the expenditure of public money should oblige the authorities responsible for planning and constructing sports facilities to take account, from the earliest stages, of the following factors:

   a. that new facilities should be provided for the benefit of the community as a whole; planners at national and local levels should be aware of the possibility of coming to different conclusions as to national and local needs; priority should be given to the needs of the local community;

b. in small and/or isolated communities, new facilities should serve both sport and socio-cultural needs;

c. in large communities, the need to balance the advantages of building multi-purpose sports centres (e.g. pools and halls) in terms of lower capital, maintenance and management costs, against the disadvantages in terms of access and higher transport costs for the user;

d. the need to provide for a proper "hierarchy" of sports facilities, ie to take account of the pattern of existing facilities in the area, and to consider the possibility of adding to or extending existing facilities;

e. the need to aim to satisfy demand more satisfactorily and to ensure that unspoken demands are not forgotten so that more people can make use of the range of facilities available;

f. the need to encourage the traditionally outdoor sports not to change to playing indoors.

2. An important contribution to the provision of an adequate range of facilities at a reasonable price can be made by ensuring that existing facilities are both managed and maintained in a proper and rational way. This will be as important to some member states as the building of new ones is to others.

3. New facilities should not waste space:

a. the playing areas should be sufficient for the kind and level of sports most likely to be played;

b. ancillary and social spaces, technical plant and equipment should not exceed the planned intensity of use;

c. the layout should be flexible and adaptable to new circumstances.

4. Local authorities should help and encourage voluntary groups and sports clubs in the building of new sports facilities by:

a. perhaps providing land or ground rents at reasonable prices;

b. encouraging do-it-yourself and self-help schemes;

c. by providing grants, or guaranteeing loans at low interest rates;

d. by helping suitable conversion schemes of disused buildings into sports facilities;

e. by relaxing, where appropriate, norms and regulations.

Financially speaking, do-it-yourself or self-help schemes may cost up to 25 - 30 per cent less than normal contractor's work and, in the case of conversion (which often costs more than building new) the extra costs may be more than recouped.

Socially, they provide new facilities in areas where often none exist as yet, and promote community pride and identity.

5. In considering sports facilities in rural areas (cf 1.b) sports facilities will probably be based on schools and/or community centres. In villages where no sports facilities exist, urgent consideration should be given to providing them in conjunction with other social needs. All uses will thus contribute to the financing of these multi-purpose centres. One example is the French Youth Club programme. Another possibility is to provide a temporary light-weight structure, such as an inflatable hall, in order to stimulate community initiatives and the will to build a permanent structure, perhaps along the lines suggested in paragraph 4 (self-help).

6. The best value for money results when both policy and technical experts from planning, design and management co-operate fully from the beginning and they prepare a good, comprehensive brief for a new facility.

7. In some countries (especially those with well developed club structures) the major need will be for facilities suitable for competitive level sport even at the base of the "hierarchy" (1.d.). In others, the priority will be to provide facilities more suitable for recreational use by the public on a casual basis.

8. A relaxation of building regulations and norms may be necessary in some circumstances if adequate new low-cost facilities are to be provided in the present economic climate. Norms are necessary in principle: and certain safety ones are vital. But they should be the minimum necessary and additional standards might be in the form of recommendations. Norms should also be considered from the point of view of their financial implications. The international sports federations are also asked to bear in mind these principles when considering changes in their regulations on facilities and to consult public authorities before deciding changes. National federations could be encouraged to agree to lower standards when lower levels of play are going to be the main use of a facility.

9. Common approaches, even standardised designs, can be prepared for the intensive reproduction of new sports facilities; this process will in itself stimulate the building of new facilities. Such approaches or designs should allow for adaptation to local climatic, geophysical or geographical areas and to use local materials. The UK example ("Standardised Approach to Sports Halls" - SASH) and the Italian work by CONI on a "basic" sports facility are promising.

10. An industrialised process or common approach had advantages for countries over a certain size, depending on the network of facilities already built:

    a. in the provision of recommended performance specifications;

    b. in the provision of prefabricated components;

    c. in providing a complete design and management package for local authorities and others with little or no previous experience in this area and negotiated centrally at a lower price;

    d. in providing flexible floor space plans to meet particular needs.

11. The quality of the materials used should be appropriate to the functional use and its planned life. This generally means the use of high quality, long-life, low-maintenance finishings, except when the facility has a limited life (say ten years) on a low volume of use.

Energy-Saving in Sports Facilities
(Paris, France, 1982)

The conclusions of this seminar led to the adoption of Recommendation No. R (83) 6 by the Committee of Ministers as reproduced in Volume I "Legal and Political texts" of "The Council of Europe and Sport, 1966 – 1998)".

European Policies for Sports Facilities: Experiences and New Prospects
(Rome, Italy 1984)

SUMMARY OF THE FINAL SESSION

Participants were asked to make their own evaluation of the work of the seminar on the basis of a common form and the results of this assessment are summarised below:

1. To exchange information and to get a better knowledge of the situation in other member states are rated as important and necessary objectives of CDDS work by all participants. The national reports and summaries prepared before the seminar, and the papers presented during it, have provided a good deal of very helpful information to delegations and experts and will continue to be a useful resource. The CDDS is therefore recommended to pursue this kind of seminar.

   If so, general seminars covering the entire range of problems of sports facilities might be held at three or four-yearly intervals; seminars dealing with specific aspects (for example, planning, or technical questions) more frequently.

2. Among factors which seemed to emerge most clearly from the exchange of information between member states:

   a. a move towards 'leisure' or 'sport for all' facilities (new types of activities, new kinds of 'casual' participants);

   b. the need to make greater use of existing facilities (marketing, management aspects, technical solutions, updating and renovation);

   c. the feeling that the supply of facilities did not match real demands, even in countries with a wide range of facilities (increasing leisure time, growing participation rates);

   d. the desire to know real needs and demands more precisely in order to help plan for a more adequate supply of facilities in each type of community, whether city centre or rural;

   e. the problem of sports facilities and the environment, administrative control of contracts, security of participants;

   f. new types of management required (role of clubs, electronic data processing etc).

   The participants would have wished for further time to discuss these questions.

3. With regard to proposals for future action by the CDDS, the overwhelming majority fell into two areas:

a. Policy: (new needs, demands and supply; provision of new kinds of facilities; national plans; differentiation by types of areas; needs of target groups; population changes)

b. Management: (marketing, management training, information management, role of voluntary organisations and commerce).

Further specific proposals included several concerning either:

c. Sport and the environment: (possible conflicts with regard to use, architectural aspects, use of natural facilities)

d. Economic or technical aspects: (artificial surfaces, financing of sports facilities, including 'whole life costs', new developments).

Exchange of Information on Research in Artificial Surfaces

(Cologne, Germany, 1988)

CONCLUSIONS ADOPTED BY THE PARTICIPANTS

PREAMBLE

Whereas in former times only natural materials were used in the construction of sports surfaces, the past decades have seen a considerable increase in the use of various types of artificial materials.

The rapid and diversified development of new artificial surfaces has entailed a number of problems which require solutions. The seminar held at Cologne provided an opportunity to outline and interpret these problems, in special papers on the state of the art in each member country ("National Reports"), to present and discuss papers on specific subjects, and to demonstrate biomechanical test methods and equipment. The following conclusions were drawn:

GENERAL INFORMATION

1. The participants underline that this seminar on artificial surfaces - dealing with specific problems such as safety and function, quality of the material and cost effectiveness - was of particular importance for sport itself, for agencies responsible for the building of facilities, for authorities subsidising such projects, and for the various industrial branches. It is recommended that the organisation of similar events be continued. Expert meetings to study specific aspects of the topic in greater depth should be held prior to these events.

2. The sports surface is indeed one of the most important parts of our sport facilities. Consequently, performance requirements referring to safety, function and material-technical suitability are of primary importance.

    a. The safety aspect includes those characteristics of artificial sports surfaces which reduce the danger of being injured as well as the load imposed on the locomotor system should the player fall onto the floor.

    b. The sport-functional aspect comprises those characteristics of artificial sports surfaces which enable the player to apply sporting technique optimally, employing energy in the most economical way.

c. The material-technical characteristics of artificial sports surfaces are designed to ensure their long-term suitability for satisfactory and practical use, including their safety and sport-functional properties.

3. It is proposed to initiate a comprehensive exchange of information on artificial surfaces. This exchange of information should go beyond the discussion of research-related activities. It would be desirable to get information about experiences with new systems or products on the market as early as possible.

The elaboration of the "National Reports" and the analysis of these reports by the Clearing House can be regarded as a first step in this direction.

SAFETY AND FUNCTION

1. To be able to identify the interrelation between certain characteristics of the surface and potential long-term injuries to the player and to determine limits of load imposed on the locomotor system of the player, it will be necessary to carry out follow-up biomechanical research.

2. With a view to reducing the danger of being injured and the load on the user's locomotor system, artificial surfaces must fulfil certain requirements as to sliding properties, resilience, and surface structure. This also applies to artificial turf surfaces, the construction of which must also ensure a sufficiently high shock absorption when the player jumps or falls on the surface.

3. The test methods presently being applied to determine the sliding properties should be adjusted to simulate better the real movement process and take into account static and dynamic frictions.

4. Experts in sport medicine and material testing should jointly try to find out if the reservations sport doctors used to have with regard to artificial athletics tracks ("Tartan-syndrome") are still valid.

5. In future, the users' attitudes to artificial surfaces should have a higher standing in research activities. This would mean more research into biomechanics, injury incidence, and identification of long-term injuries as well as on the subjective opinion of various user groups.

6. Sports grounds with artificial turf should be equipped with devices allowing short-term damping when necessary for reasons of safety and sport function.

7. The sport federations are invited to define more clearly their sport-functional, that is sport-specific, requirements.

8. Performance specifications which imply additional financial funds from the competent authorities should only be modified or revised by the sport federation when absolutely necessary.

QUALITY OF THE MATERIAL AND COST-EFFECTIVENESS

1. Material-technical studies should be carried out in co-operation with scientists over a prolonged period of time. Studies of this type should focus on regular testing of the artificial surfaces from the point of view of ageing and wear and tear with the purpose of improving the quality of the material.

2. Research is needed into whether it is advisable to specify higher original requirements so as to compensate for the gradual deterioration in quality, through age and use. (The differentiation between "original illumination" and "practical illumination", made frequently in the area of artificial lighting, is an example.)

3. Because public grants are often provided for the building of artificial surfaces, cost-effective quality controls should be studied.

4. Joint demonstration and test programmes should be initiated in order to improve the calculation of the break-even point of capital costs, quality standards, maintenance costs, and durability. In this way, it will be possible to find practical approaches towards reducing the cost involved to an acceptable level.

FURTHER ASPECTS

1. Interested institutions from the member states of the Council of Europe should be invited to join initiatives aimed at co-ordinating and harmonising the various systems for setting standards; should a common internal European market materialise, efforts in this direction will be necessary.

2. As to the individual sport federations, approval of a product for a special sport should only be granted on the basis of objective qualification and test standards. Federations and manufacturers should not make expensive licence agreements.

3. In view of the current discussion on environmental problems, preference should be given to selecting and installing non-polluting artificial surfaces; tests of potentially recyclable materials should be introduced.

FUTURE ACTIVITIES/INITIATIVES

1. On the European level, all terms related to the area of sport surfaces should be discussed with a view to agreeing a coherent linguistic usage.

2. The present requirements for sport surface systems (which, of course, only reflect current knowledge), require follow-up research in the areas of materials, construction, and testing.

3. Part of the public funds provided for grant-aiding sports facilities should be earmarked for research purposes - especially for long-term studies with a view to increasing the safety of users and to achieving a better cost-effectiveness. It is recommended that the member states of the Council of Europe establish a common fund for the support of pertinent research projects.

4. Bearing in mind the complex relationships between players/sports shoes/sports surface on the one hand and the interdependence between the qualities of special footwear and the characteristics of the sport flooring systems on the other, the qualities of popular sport shoes should be investigated. The long term aim should be to achieve a standardisation of sport shoes in connection with the corresponding surface standards.

5. Innovations in the sports surfaces industry should be tested more thoroughly for their suitability before they are produced on a large scale and installed in facilities supported by public funds.

6. It is recommended to aim for a certain, for example, degree of harmonisation of requirements (standards and guidelines), and pertinent test methods and certificates. A first step in this

direction could be to define common standards for track-and-field facilities and small-size courts. The adjustment of standards is probably the most promising area since the problems there are less complex than in other fields.

Seminar on Sports Facilities

(Copenhagen, Denmark, 26-30 October 1992)

New challenges to planning and architecture: Conclusions

The participants to the Copenhagen seminar on Sports Facilities, New Challenges to Planning and Architecture, (26-30 October 1992),

Having heard lectures from international architects, planners, administrators, and researchers, on general changes taking place in lifestyles, new developments in the demands for facilities and innovational approaches in solving such problems and after a visit to local facilities answering these new criteria, recommended the following guidelines on principles to be observed in future planning.

1. Considerations about the future development of Sport for All with regard to incentives and activities

   As stated in the European Sports Charter the planning of Sport for All is to be considered within cultural, socio-economic contexts and according to geographic location and historical traditions. As an ever-changing idea, the Sport for All movement is a broad concept which answers the needs of human development leaving room for human expression, and cultural identity.

   Although part of the overall sports system, the Sports for All movement is developing an identity of its own.

   A better dialogue between political decision-makers, planners, administrators, users, and architects should be established in order to ensure that Sport for All has a central role in human life regardless of age, sex, physical capacity and personal motivation. Special attention has to be directed towards teaching children and youngsters since their future motivation to do sport depends on their experience in movement at an early age.

   As a consequence of the qualitative and quantitative changes in sports demand, a certain elasticity in the development of Sport for All must be recognised with regard to target groups, activities, facilities etc. New strategies might be directed towards special target groups i.e. family based activities and activities for elderly and disabled persons, and initiatives linking Sport for All with social and cultural networks.

   Sport for all has to be developed in a balanced interaction with the environment. This balance involves both urban and rural spaces.

2. Guidelines for planning local facilities

   Coherent models and methodologies should be further developed in order to ensure an appropriate planning for Sport for All with special attention upon ecological questions.

   Considerations should be taken as to ensure a locally based planning process involving an interaction between political decision-makers, planners, administrators, architects and the user level. The process should encourage and facilitate voluntary commitment and initiatives which might be rooted in local traditions. An essential condition to this process is the involvement of the public sector providing necessary frameworks and resources.

Special attention should be paid to the ecological and economic use of resources.

Traditional sports planning should be widened with essential notions as:

a. decentralisation;
b. accessibility;
c. flexible structures;
d. multiple use;
e. collaborative work.

In order to encourage innovation and differentiation a qualitative approach including the possibility of avoiding the rigid application of standards should be privileged.

Appropriate planning must be requested including the reservations of appropriate space in urban and rural areas for future developments.

3. Guidelines for architecture and urban design

Keywords for the architectural design should include:

a. appropriate environmental accommodation;
b. facilitating social contacts;
c. open and inviting elaboration;
d. integration into other cultural activities;
e. awareness of architectural qualities.

Special attention should be directed towards the potential for conversion and renovation of old buildings and the change of sports facilities.

4. Exchange between East and West

In the field of Sport for All the integration of the new member countries in the Council of Europe should be initiated from the perspective of mutual exchange.

The following issues should be emphasised:

a. exchange of information and know-how;
b. use of compatible computer networks concerning exchange of data and documentation;
c. implementation of marketing strategies and management;
d. innovation within architectural design;
e. communication of research results and methods;
f. ability to initiate and implement voluntary work.

5. Research

The following topics will be of special interest:

a. cost-benefit analysis of relations between utilisation and architectural qualities;
b. comparison of case-studies of local planning in different countries;

c. inquiries into basic needs and motivations.

6. Final remarks

The participants finally wish to express :

a. their expectations for further developments with regard to the scheduled seminar in 1993 on specific problems to planning and architecture for Sport for All in the new member countries;

b. the need to ensure that DS-SR continuously take further steps in the field.

Sports Facilities Management Training Seminar

(Glasgow/Edinburgh, United Kingdom, 4-7 February 1993)

Report by Dr Ivor Davies, Seminar Director[3].

INTRODUCTION

1. In February 1993 the Scottish Sports Council staged a sports management training seminar for 20 sports leaders and sports facility managers from 10 new member countries of the CDDS in Central and Eastern Europe.

2. This paper describes the seminar and makes recommendations for further work of this kind.

BACKGROUND

1. Conditions both general and sporting vary among Central and Eastern European states although they share the common experience of rapid and large-scale change.

2. Firstly, they are all moving from central command economies to those based on free market concepts; especially involving a change from centrally-decided supply to providing the goods and services the consumer wants.

3. Secondly, well-funded and well-staffed programmes for small numbers of elite sports performers have been dramatically slimmed down. At the same time there is a general movement to develop sport for all programmes.

4. The changes require new managerial, professional and personal competencies. They also require changes in the fabric and programme of many existing sports facilities. Training programmes for existing staff and for new staff are required. This seminar concentrated on management competencies.

SEMINAR DESIGN

1. Background

The seminar was designed to take account of the following:

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[3] Scottish Sports Council, United Kingdom

   a. The variety of circumstances in the countries of Central and Eastern Europe.

   b. The differences between these countries on the one hand and on the other hand the countries of Western Europe (including the host country).

   c. The limited usefulness of model results or solutions based on individual case studies, regardless of the state they were derived from.

2. Consequently, the seminar was designed to illustrate management principles and good practices which could be applied in a variety of situations.

SEMINAR WORKBOOK

Before the seminar, the Scottish Sports Council prepared a workbook setting out principles and good practices and case studies to which they could be applied. During the seminar this was available in English, German and Russian. Each delegate received a copy of the workbook in the language of their choice.

SEMINAR FORMAT

1. Each topic within each session was covered by:

   a. initial presentation;
   b. case study in small working groups;
   c. report back.

   The initial presentation consisted of 15-20 minutes explanation of the management principle or good practice with overhead transparencies.

   Thereafter, the delegates worked on the follow-up case study in small groups each of four to five delegates. Each group elected a chairman and each group was accompanied by a mentor drawn from the team of presenters.

2. The work groups reported back through their elected chairmen while the lead presenter summarised the reports on a flip chart. Subsequently, the lead presenter integrated the four reports into a single report (on each topic) which the delegates received and added to their workbooks.

SEMINAR VENUES

1. The seminar was staged at two venues:

   The Scottish National sports Centre at Inverclyde (Largs).
   Scottish Sports Council headquarters office, Caledonia House, Edinburgh.

2. The use of Inverclyde had the following advantages:

   a. Delegates examined the facilities.

   b. They saw them in operation for both elite sport and sport for all programmes.

c. They received presentations on the strategic management and operational management of the Centre.

d. The journeys between Edinburgh and the Centre allowed delegates to see aspects of Scotland: topography, rural development, industrial development, urban mass and small settlements.

DELEGATE ASSESSMENT

Over half of the seminar programme consisted of the delegates working in groups and reporting back, all closely observed by the presenting team.

This system of continuous assessment resulted in every delegate being judged to have completed successfully the seminar and each will receive a certificate attesting to their successful participation in the seminar.

SEMINAR ASSESSMENT

The assessment of the seminar is based on three lines of evidence:

1. delegates' unprompted comments;
2. delegates' feedback at the end of the seminar. and
3. a review by the Scottish Sports Council members of the presenting team.

DESIGN

1. Delegates had to work hard, perhaps too hard. Perhaps some less concentrated sessions and visits might have lightened the work load.

2 Delegates were looking for model solutions to particular problems or situations in their home states. The seminar was designed on principles and good practice which could be applied to a variety of circumstances. Perhaps the way to accommodate their desire in future is to invite them beforehand to submit case studies based on examples in their own states which the presenting team can adjust for study groups to work on.

PRESENTATION

Delegates liked the mix of presentations and study groups. They found the workbook, co-ordinated with the presentations, especially useful and valuable.

CONTENT

Delegates were appreciative of the introduction to managerial principles and good practices, especially the clarification of concepts and terminology.

REVIEW

1. The acid test of the seminar will be the extent to which delegates:

   a. Apply the principles and practices in their own work.
   b. Introduce them to colleagues in their home states.
   c. Follow-up the principles and practices with further study and training.

2. The CDDS may wish to consider re-staging the seminar with the same delegates in perhaps a year from now in order to assess what gains have occurred.

3. The seminar was staged on the initiative of and with financial support from the CDDS. The Sports Council (Great Britain) also supported it financially. The Scottish Sports Council organised, designed and managed the seminar; prepared the workbook; and led the presentations and case study groups.

CONCLUSIONS

1. This type of seminar is successful if based on careful design and considerable preparation.

2.. It is especially valuable in demonstrating the applicability of management principles and practices in a variety of situations. If it works, it demonstrates the value of effective team building and good team work.

Seminar / Workshop on Sports Facilities

(Oldenburg, Germany, 5-8 October 1993)

CONCLUSIONS FROM THE GERMAN ORGANISERS

The sports facilities seminar was organised with the support of the Council of Europe, the Federal Ministry of the Interior, the Ministry for Culture and Education of Lower Saxony and the University of Oldenburg. The seminar was attended by representatives from 18 countries and one representative each of the a.m. Ministries (cf list of participants).

The seminar focused on the 'leisure oriented, ecological and humane construction of sports facilities'. Under this heading, various aspects were presented and discussed in more detail (cf. programme).

The questions discussed ranged from the comprehensive concept of "homo ludens" to technical questions related to ecologically compatible construction materials, sports floors and heating systems. In this context, both qualitative and quantitative aspects related to sports facilities construction were discussed.

Particular importance was attached to the future construction of sports facilities in the countries of Eastern Europe by inviting three speakers from those countries and by holding two workshops which resulted in a lively discussion of this issue. They were specifically focussed on the problems facing the countries of Eastern Europe. The presentations on the conversion of non-sports facilities to sports and play facilities in particular were an appropriate introduction to this issue.

In addition to the individual presentations, the discussion and the workshops, there was a photo exhibition on sports facilities construction and an exhibition of books and magazines chosen from a book list that had been especially compiled for this seminar.

A good idea of theory and practise in leisure oriented, humane and ecological sports facilities construction was provided by an inspection of the sports facilities at Oldenburg University which can really be considered as a model. Specific questions were discussed on the basis of the details featured by the existing facilities.

The organisation of the seminar was made easier by the fact that it could be held at a single venue, ie at the University. The lecture rooms of the University's sports science department, which form an integral part of the sports centre with all its sports facilities, were used for the presentations and the workshops. The lobby of the lecture rooms for example offers a view into the main play hall.

The fact that the seminar was concentrated in the sports centre made it also easier to practise some sports on the afternoon of the second day. Thus, the participants had the opportunity to use the facilities themselves.

The organisation preparations and the conference services were provided by a committed team of students and special staff recruited for specific jobs.

It proved to be a good idea to accommodate the speakers and participants in two conveniently located hotels. A chartered bus served as a shuttle to/from the hotels. English/German interpretation was provided by two interpreters of the Federal Ministry of the Interior.

The success of a seminar cannot be measured in terms of contents and organisation alone. Such an event can be successful only if there is a 'humane atmosphere'. Taking into account of the fact that the seminar was focussed on 'humane and ecological' aspects, the organisers endeavoured to create a setting apt to promote inter human understanding in the framework of such an international event.

For this purpose, the breaks and the evenings were particularly useful. A little cafeteria had been specifically set up to offer an opportunity for meetings and talks in small groups. The evenings were spent over joint dinners offered at the invitation of various sponsors. The Castle restaurant, a rustic Inn and the banqueting room of the town hall were representative settings which underlined the significance of the seminar and provided an opportunity for communication among the participants. While they did not know each other at the beginning of the seminar, the participants enjoyed themselves on these occasions so that a warm and friendly atmosphere was soon established.

On the whole, the seminar can be called a great success, both with regard to the results, the framework provided by the organisers and the atmosphere (this has been confirmed by a number of acknowledgements and thank you letters received from speakers/participants).

The contents discussed at the seminar were comprehensive and detailed. The substance matter was presented both in theoretical and practical terms and received with great interest by the participants. At the end, the participants expressed the wish to continue the discussion on the presented models.

For the time being, there is no way to assess the effects which the seminar is going to have in the various countries. The discussion showed, however, that it might be a good idea to hold similar seminars in an Eastern European country, taking specific account of the needs of those states and involving a greater number of participants.

The presentation and the workshop reports will soon be compiled. One copy will be made available to the Council of Europe with the recommendation to have the documents disseminated to the participants, speakers and other interested experts, in the hope of achieving a multiplying effect of the Oldenburg sports facilities seminar.

Sprint Regional Seminar on Sports Facilities and Sport for All

(Poiana Braşov, Romania, 1-3 September 1994)

Report and conclusions by Ivor Davies, Seminar Director

INTRODUCTION

1. The Council of Europe's Committee for the Development of Sport (CDDS) and the Romanian Ministry of Youth and Sport staged a seminar at Poiana Braşov, Romania, under the title of Sports Facilities and Sport for All, 1-3 September 1994.

2. The focus of the seminar was the development of sport for all in the new member countries of the CDDS.

3. This report of the seminar summarises its main conclusions and recommendations.

THE SEMINAR

CONTENT

4. The content of the seminar was decided on at the preparatory meeting in Romania in June 1994.

5. It consisted of three main themes:

   a. Formulating and introducing Sport for All policy.
   b. Stimulating and generating resources for Sport for All.
   c. Modernising, adapting and developing facilities for Sport for All.

FORMAT

6. The format of the seminar was as follows:

   a. Introduction and scene setting in plenary sessions.
   b. Presentations in plenary sessions; discussions in five working groups; and reports back from the working groups to all delegates in plenary session.
   c. Draft conclusions and recommendations in plenary session.

PARTICIPANTS

7. Thirty four delegates from 18 European countries participated in the seminar and seven experts drawn from old and new CDDS countries made presentations, led working groups and acted as rapporteurs.

FINDINGS

GENERAL

8. Delegates stressed the importance of developing both sport for all and sports facilities on which it could be based. There is an essential link between the two.

PROBLEMS

9. Delegates described problems in their individual states. The problems varied in degree though the following aspects appear to be shared among most states.

10. There is a shortage of money to support existing sports activity and to develop sport for all. This relates to the general economic difficulties of the states as they develop market economies.

11. There is a lack of direction in developing sport for all because the necessary policies have not yet been formulated clearly and legislation setting out responsibilities has not been enacted. This applies especially to legislation in respect of local authority responsibilities. Delegates recognised that sport for all was low on political agendas, especially at a time when the main focus was on developing economies.

12. Political agendas are also influenced by negative attitudes in general to sport. When countries have long been dominated by the idea of a sports elite and a pre-occupation with winning medals, it is difficult to achieve rapid conversion to the idea of sport as a democratic right for all or as a social or cultural activity. Policy makers need to be motivated to promote sport for all and society in general motivated to take part in sport.

SPECIFIC THEMES

GENERATING SPORT FOR ALL POLICIES

13. Delegates recognised that sport for all policies could be developed for reasons of social policy or for reasons of cultural policy or for reasons rooted in both social and cultural policies.

14. The public sector includes all three levels (local, regional and central) of governmental responsibility. The public, voluntary and commercial sectors all have a part to play. Delegates recognised that the public sector had to work sensitively, consulting people about what activities they wished to take part in, soliciting their views on the provision of facilities and creating conditions where individuals could take charge of the organisation of sport and their own participation in sport. Public bodies have to outline possibilities, create opportunities and allow individuals to work out their own future.

15. In the process of developing sport for all, top sport is an essential partner. It often has sports facilities which can be used also for sport for all purposes. It has leaders and coaches some of whom might be re-deployed to sport for all programmes. Top sport provides a goal for some of those taking up sport: there is a sports development continuum.

PROVIDING FACILITIES FOR SPORT FOR ALL

16. Delegates recognised that existing built sports facilities, especially those designed for top sport, may need up-grading in order to enable them to deal with larger numbers of sports participants taking part in a wider range of sports activities, and to create a more welcoming and human atmosphere, both outside and inside. Further, they recognised that new built facilities for sport for all should be in the right place and of the right size; and flexibly designed to cater for changing types of use over time. The same principles of creating a welcoming and user-friendly environment apply.

17. It may not always be necessary to construct buildings to encourage sport for all. There is a vast array of opportunities to develop activities in existing formal and informal spaces, such as

parks, walkways, waste ground, paths, river banks, rivers and lakes. In doing so, the potential participants should be involved in the modifications of the environment.

GENERATING RESOURCES FOR SPORT FOR ALL

18. There is a wide range of arguments which can be marshalled to convince decision makers to commit resources to sport for all: social and economic returns to the country, to the community and the individual; Delegates appreciated the need to advance substantiated cases because those committed to sport are trying to convince those not committed to sport and under pressure to allocate resources to other good causes.

19. The seminar examined the concept of marketing and appreciated the need to give greater thought to consumers wishes rather than to the supply side.

20. The reality of sponsorship as a contract between a sports organisation or individual sports person and a commercial organisation - entailing benefits to and obligations on both parties - clearly emerged, together with the indication that commercial sponsorship is unlikely to generate the bulk of resources to support sport for all programmes.

21. Delegates identified a need for more concrete information on sport legislation, sponsorship policies and practices, lotteries and the general financing for sport for all in the developed economies of Europe.

22. The seminar considered the role of good management in both generating and applying efficiently and effectively resources for sport for all: money, facilities, activities and people. While large sums of money are not yet available, there is a large pool of people which can be developed to take forward sport for all messages and programmes. Efficient managers who add value to operations and effective leaders are the keys to moving forward, as are the establishment and continual development of sound management practices based on the cycle of planning, monitoring, reviewing and re-planning.

CONCLUSIONS

23. There are problems in the new CDDS member countries in developing sport for all, reflecting history and present economic difficulties. Nevertheless, there are grounds for optimism based on examples of co-operation between top sport and sport for all and changing attitudes on the parts of decision makers. Large sums of money are unlikely to appear rapidly so it is imperative to be creative in developing sport for all, making the optimum use of existing resources while continually arguing substantiated cases for additional resources.

24. The CDDS can assist by continuing to provide seminars and concrete information.

Sports Facilities Management Seminar

(Edinburgh, United Kingdom, 9-12 February 1995)

Report by Ivor Davies, Seminar Director

INTRODUCTION

1. The Scottish Sports Council staged a seminar on the management of facilities for Sport for All in Edinburgh, Scotland, 9-12 February 1995, under the SPRINT Programme of the Committee for the Development of Sport (CDDS) of the Council of Europe (CoE).

2. This paper describes the background to the Seminar and its format, content and main findings.

BACKGROUND

Antecedents

3. The seminar was part of a much broader programme of co-operation between countries in Europe with well-developed opportunities for general participation in sport and those, notably in Eastern and Central Europe, which are developing more opportunities for their citizens to take part in sport.

4. In particular it followed on from a similar seminar staged in Scotland in February 1993 and one more recently held in Romania (September 1994).

Support

5. CDDS and The Sports Council (UK) provided financial support for the Seminar which was designed, organised and (mainly) presented by the Scottish Sports Council.

6. Thirty-six delegates from 16 countries in Eastern and Central Europe participated. Several of them had also participated in the earlier Edinburgh and Romania seminars.

THE SEMINAR

Preparation

7. In order to ensure maximum relevance, countries invited to participate were asked to submit in advance an issue or problem affecting the development of sport in their own country and to identify the resources available to address it.

8. The Seminar programme was based on the submissions received by early December 1994.

Seminar Format

9. In order to ensure maximum delegate participation and involvement each of the subject areas selected was covered in the following way:

   a. Explanation of Problem/Issue: Plenary/Delegate.
   b. Principles of a Solution: Plenary/Topic Presenter.
   c. Analysis: Work Groups, Topic Leaders and Delegates.
   d. Report Back: Plenary, Rapporteurs.

e. Summary: by subsequent written report, Topic Presenters.

10. Outlines of the issues and the presentations were collated in a workbook available at the beginning of the Seminar.

Study Visits

11. Additionally, delegates visited a converted and extended building (first constructed in 1909) which now serves as a high throughput leisure centre; a purpose-designed leisure centre; and a local voluntary multi-sport club.

Seminar Topics

12. The Seminar topics were as follows:

    a. Problems and Successful Developments in Delegates' Countries.
    b. Management and Managers.
    c. Funding Sport for All.
    d. Sponsorships.
    e. Marketing.
    f. Sports Club Management.
    g. Strategic Management.

PROBLEMS AND SUCCESSFUL DEVELOPMENTS

13. All of the Eastern and Central European states are experiencing economic difficulties in the transition from central command economies to market-based economies and in the cultural transition to individuals and communities becoming more responsible for themselves rather than following central directions and relying on state support.

14. Central funding for sports federations and elite sports clubs is declining and some high profile sports are making up some of the loss through sponsorship.

15. In the circumstances it is difficult to fund the development of sports facilities and sports programmes for the whole population. Indeed some existing sports facilities are being privatised or simply sold off for other purposes. Available sports facilities are in need of upgrading and the supply of sports facilities falls far short of the total needed to allow a raising of participation from levels typically at 20%.

16. Part of the answer lies in the development of sports legislation or laws which allocate responsibilities for action and funding between central and local government. Part of the answer also may be in legislation which creates sponsorship and allocates proceeds to sport for all; and in legislation which promotes sponsorship of sport for all, perhaps through matching finance from the state and commercial companies.

MANAGEMENT AND MANAGERS

17. The plenary session considered the management process and the role of managers; the structure of management and recent characteristics of management restructuring; management functions at different levels and styles of management.

18. The session then applied general management functions to sports facilities, in principle and in practice. It concluded by examining the development of sports facility managers in formal education and in vocational training in the workplace.

FUNDING SPORT FOR ALL

19. The plenary session examined in some detail the problem based on Romania's situation. There is a lack of basic facilities and difficulty in making existing facility-based clubs more accessible to the general population. There is a shortage of volunteers because people are having to work long hours in order to make a basic living; and there is a shortage of qualified leaders and coaches with professional and management skills to work on sport for all programmes.

20. The plenary session considered the principles of a solution. This involved clarifying Sport for All. It did not mean the former directed mass participation but covered a free expression, non-rules-based set of physical activities: enjoyable rules-based sport for the community; and purposeful participation in rules-based sport. It considered the necessity to start in small areas and achieve success in them and to build on success by moving to wider areas. Schools might form useful starting points and parents may be the first volunteer sports leaders. Using available resources, such as designated streets as play streets, might also be a way of starting. In some countries, focusing on traditional physical activities might form the bases of a sport for all movement.

SPONSORSHIP

21. The crucial role of developing sponsorship to assist sport for all facilities and programmes was highlighted with reference to the situation in Moldova. Inability to fund provision from taxes and the inability of participants to pay meant that sponsorship was necessary to fill the gap.

22. The sponsorship manager of a major company in Scotland explained how the company set out its strategic business objectives and fitted the sponsoring of sport around them. This company sponsored high profile sports events and activities at community level. The following emerged as key issues: the necessity for long lead-in times; carefully assembled sports packages, personal approaches; reporting back to the company by the sport; and sport delivering what it promised to the company.

23. Delegates noted that international companies in their states were sponsoring less than they had two-to-three years earlier and that it was easier to obtain sponsorship for high-profile sports at national level than for minority sports or sport at local level.

24. Training for sports managers seeking sponsorship was vital and meanwhile government legislation which encouraged companies to sponsor sport at local level on a matching basis with public funds might fill a gap.

MARKETING

25. The absence of the marketing of sports facilities and of opportunities to the general community was highlighted in terms of the situation in Poland.

26. The problem stemmed from the absence of marketing as a process in the former command economies and the difficulty of developing expertise in the discipline when there were no or few texts in delegates' own languages.

27. The plenary session stressed the need for good information on present markets as a basis for changing and improving services and reaching new markets. In all of this, managers have to put customers first and to understand their needs and satisfaction with the service.

SPORTS CLUB MANAGEMENT

28. The difficulties of establishing and developing local sports clubs were outlined against the background of the situation in Estonia. In particular, there is the issue of training voluntary managers, coaches and leaders necessary for a broad-based club structure.

29. The plenary session examined the principles of local sports club management: the constitution; membership open to all; responsibilities and freedom of members; committee structure; management functions; fund raising and expenditure controls; the relationship between voluntary office bearers and paid staff.

30. The workshops noted the absence of a cultural tradition of volunteering which prevailed over much of Eastern and Central Europe and examined ways in which existing sports clubs and schools might be adapted to enlarge the scope for Sport for All initiatives.

STRATEGIC MANAGEMENT

31. The application for the principles of strategic planning were outlined with reference to recent activity in Estonia.

32. Stressed were the importance of a clear mission statement and its elaboration into objectives with plans on how to achieve them to set timescales. The techniques of stakeholder analysis and SWOT (Strengths, Weakness, Opportunities, Threats) analysis were examined. Securing commitment to an emerging strategy both within an organisation and outside it from other organisations whose support and assistance would be needed, is paramount. This gives them a stake in the strategy and may create their participation in its implementation.

33. The plenary session concluded by tracing the mechanism whereby a strategic plan was actioned in operational terms, including the monitoring of progress, review and replanning as necessary. All of this encompassed the management of strategy, of people, of operations and of information; as well as style of management.

SEMINAR REVIEW

34. Delegates reviewed the effectiveness of the seminar. They concluded that the content was appropriate and the balanced approach between presentations, group working and reporting back was about right. Particularly valuable was the design of the seminar based on real general and specific problems in delegates' home countries and the application of general principles to them. The study visits to facilities illustrated sport for all at work in municipal and voluntary club settings.

35. Delegates considered that they would have liked more time to view general aspects of life in Edinburgh; at least one extended problem-solving exercise of, say, 4-5 hours; and illustrations from other western European countries.

SPORTS MANAGEMENT DEVELOPMENT

36. Delegates discussed how they would manage the development of sports management in their own countries, following up the SPRINT Seminar.

37. Plans included some or all of the following:

    a. Preparing and circulating a report on this seminar.
    b. Circulating this CDDS report.
    c. Staging one or more seminars.
    d. Preparing and circulating material developed as a product of the seminar.
    e. Training of immediate colleagues.
    f. Encouraging educational and training institutes to develop programmes in sports management.
    g. Repeating this seminar at several locations in Eastern and Central Europe.
    h. Repeating this seminar in Western Europe.
    i. Securing literature on sports management and translating it into the language of the individual countries.

CONCLUSIONS

38. The seminar revealed advances in the knowledge of sports management and the application of its principles since the first seminar in Scotland in 1993.

Seminar on Decentralised and Federal Sports Structures

(Madrid, Spain, 5-7 September 1996)

SYNOPSIS

Countries:	19 (+ 1 French, 1 Austrian lecturers)
Participants:	38 (+ 8 lecturers)

Sport is an activity which citizens have the right to engage in freely. It is up to the State to create the conditions in which such activity is not impeded by lack of resources or discrimination.

The participating countries have judged the opportunities for moving from centralised to decentralised structures to be very good and the advantages of public and private sectors participating in the organisation and funding of sport to be very clear.

In sport, as in other fields, laws on decentralisation have spread powers between different local and regional authorities. In the light of the growing demand for sports facilities, local authorities with limited budgets must find solutions to a good many problems which are not always easy to resolve.

Proposed solutions have included: strategic planning and management, efficient organisational structures, voluntary work, increased participation of the private sector and of municipalities in organisation and funding as well as discussion and sharing of initiatives between public and private bodies.

Sport for immigrants

(Acoteias, Portugal, 1980)

At the first Conference of European Ministers responsible for Sport, held at Brussels in March 1975, the Ministers resolved, in Resolution No. 2/75 on "the role of public authorities as regards the development of sport for all", that

"the public authorities should, wherever possible, encourage the following to practise sport: ... migrants" (CMS (75) 18, page 4, paragraph 2.2).

At the 2nd Conference, in London 1978, the Ministers adopted Resolution No. 2/78 on 'Future European Co-operation' in which they asked the CDDS:

"to commission an analysis of the relations between the situation of socially under-privileged groups and the types and level of sporting activities they normally engage in or could engage in successfully and in particular of the role that sport can play in helping to promote the integration of immigrants into society" (CMS (78) 11, page 15).

It was in fulfilment of this request that the CDDS accepted the offer of the Portuguese delegation to organise the work for this theme on its behalf. A Portuguese study group, in conjunction with a preparatory committee set up by the CDDS, presented the results of their work to a seminar held in Lisbon in December 1979.

The CDDS considers that the following text, which is a condensation of the texts adopted at the seminar, may provide illustration, guidance and inspiration to those working for immigrants' sport in the member states and brings this text to their attention in the hope that they will find it useful. The full report of the seminar may be consulted for further details.

SOCIO-ECONOMIC AND CULTURAL POSITION OF THE IMMIGRANTS

1. The children of immigrants should not be treated as "immigrants" because they are in many cases growing up as citizens of the societies in which their parents have settled; nevertheless, their cultural background should be respected.

2. These immigrant/ethnic minorities are going to stay in the countries of their settlement: this is relevant for any action programmes, even if at a later stage some might decide to leave for their country of origin.

3. "Integration" should be seen as a process where immigrants have equality of opportunities, but at the same time can keep their cultural identity. It is usually a two way and complementary process and integrating sport should be seen in this light.

4. The living and working conditions of immigrants, their social and cultural isolation, and the overall feeling of uncertainty about their future in the countries of their residence, make them a disadvantaged and deprived group within their societies.

5. Sport should be seen as an important means for the social integration of immigrants in the society where they settle: while providing activities for their personal physical development and recreation, it should also keep in mind their cultural background. Sport can provide opportunities for immigrants to come into contact with the indigenous population through common participation and thus could help to break some of the language and cultural barriers. Positive efforts should therefore be made to provide such opportunities. The highest sport

authorities could see whether federation rules could be improved to allow clubs to receive immigrants more easily. Sports organisations should be asked to increase or initiate their efforts to encourage immigrants' participation: this applies at international, national, regional and local levels.

6. Measures should also be taken which could make it easier for the immigrants to form their own associations (especially local ones), as a means of facilitating their participation in sport as a transitional step to help them to come out of their isolation. This would encourage their endogenous development and allow immigrants to discover their own possibilities.

7. The first clause of the European Sport for All Charter states that "every individual has the right to participate in sport". Wherever legal provisions exist which are obstacles in this connection they should be removed at once by the relevant governments: all the population has the same right to the same quality of life. For example, immigrants' access to public sports facilities should be extended as much as possible.

8. Different age groups within the immigrants' communities will have different needs and difficulties to participate in sport, and appropriate approaches for their motivation should be made to overcome some of these difficulties; for example, youngsters are the easiest group to motivate whilst it could be very difficult to do so for the first generation, elderly people and those women whose religious and cultural norms do not allow them to come out of their homes. Immigrants should be welcomed to participate in sport and their preferential sport activities should be provided: this might in some cases be alien to the indigenous population. But at the same time they should be informed about and encouraged to participate in the sport activities of the country of their settlement.

9. Adequate provision should be made in the training of existing professional staff who will come into contact with immigrant communities.

10. Whenever racialism and discrimination against immigrants in the societies of their settlement adversely affects their participation in sport, it should be counteracted by using all available means such as mass-media, schools, governmental and voluntary organisations, etc.

WELCOMING STRUCTURES

1. International

   Bilateral agreements between governments and/or non-governmental organisations could contain clauses on immigrants' sport.

2. National

   a. The ministries responsible for emigrants should give general information about the welcoming structures and the possible ways to practise sport in the host countries.

   b. In the embassies in the host countries, cultural attachés could have a greater awareness of sport questions, or be given responsibility to act as sports adviser. A very important task would be to prepare, in conjunction with the sports organisations in the host country publications and leaflets listing all the information and addresses that might be useful on arrival in the welcoming countries (for both sport and socio-cultural aspects) on sport in the host country.

c. The cultural centres or hostels for immigrants which exist in many cities of the Council of Europe countries could distribute these leaflets to immigrants. Lectures and audio-visual material should also be considered.

In all the above, there is a need for close collaboration between the authorities and the sport and socio-cultural associations in the welcoming countries.

3. Clubs

The sports structures of the welcoming countries should allow immigrants to participate in organised sport. They could thus benefit from all the advantages deriving from organised sport in these countries: sports facilities, medical examinations, insurance, etc. without losing their cultural identity. As in Luxembourg, a "sport nationality" might be attributed under certain conditions.

4. Another structure is the firm or company: these could make an important contribution to the promotion and practice of sport among immigrants, especially where their pattern of shiftwork allows them little spare time for sport.

It is advisable to recruit trainers, leaders and coaches in the native country; they should be familiar with the host country. Administrations and sports organisations should also train their own such leaders from the immigrant communities. Such animators would be trained in the host countries with the help of the sport authorities. Competence in many sports and in socio-cultural affairs appears desirable for these animators: they may be full-time professionals or part-time workers or voluntary workers.

Activities could be oriented towards recreational sport and aimed particularly at women and families. This task would be the responsibility of the multi-sport animators who should look at all possible sports practices for those outside clubs.

As regards the cost of these different proposals, it would not necessarily be very expensive, since voluntary sports workers can always be asked to help; finance should be found for the organisation of short training courses, (say of one week).

These proposals are not exhaustive: different structures may be used in every country. It would be advisable, then, to adapt and extend the programme of action and the welcoming structures mentioned.

MEANS OF COMMUNICATION

1. Immigrants need:

   a. awareness- promoting information ("sensibilisation");
   b. general information about sport in host countries;
   c. up-to-date information of a precise and interesting nature.

Sports organisations could help in the preparation of promoting campaigns.

Such information should be prepared by the representatives of the immigrants and by the host countries so that an accurate picture of and response to immigrant needs and aspirations may be obtained (feed-back).

2. For the channelling of information use should be made of:

   a. the mass-media (awareness- promoting function);
   b. immigrant organisations;
   c. charities, etc.;
   d. schools (both via students and via parents).

3. Immigrants should be encouraged with activities known to them already: folklore, dance, traditional games and sports (for example kabbadi, combat, etc).

PILOT PROJECTS AND ACTION PROGRAMMES

1. Before starting and when preparing programmes, the immigrant communities must be consulted by setting up specific study groups. Participation by immigrant representatives in policy-making, advisory and co-ordination sports bodies ought to be considered: (local, regional and national councils).

   A co-ordination scheme involving the relevant government institutions (Ministry of Labour, Immigration Office, etc) should also be envisaged. A close partnership between the local authorities and the local sports clubs is essential.

2. All programmes should be set up in such a way that their continuation is guaranteed.

   Moreover, when preparing them, the immigrant communities will help to define and to differentiate the particular cultural frameworks, conditions and aims which will apply to the first and to the second generations of working men and women and their families. Systematic and continuous evaluation should be a primary concern.

3. The programmes should apply both to organised sport (clubs, federations of various kinds; corporate sport, company sport) and to non-club activities, particularly recreation.

4. To be effective, programmes and facilities should be centred on areas which are particularly deprived and with a high concentration of immigrant population: the programmes should take place within the immigrants' immediate environment.

Sport for the Mentally Handicapped

(Brussels, Belgium, 1980)

GENERAL CHARACTERISTICS

Mentally handicapped people do not, fortunately, represent a very high proportion of the population of our member states: of about 8 per cent who are handicapped (30 per cent or more of their bodily or mental functions impaired), about 1-2 per cent will be mentally handicapped. The majority of these will suffer only a mild form of mental retardation. If, however, mentally handicapped people are only a small part of our society, they deserve and warrant special measures and the adoption of a conscious policy for sport, as it has a very important role to play in overcoming their disadvantages, both by helping in their development and by reducing the significant obstacles they face in leading a normal life.

The seminar concentrated on sport for mildly and moderately handicapped people. For the severely and profoundly handicapped, some of the conclusions reached, for example, on integration, will not be valid.

By "sport for mentally handicapped people" is meant the whole range of physical activities adapted to the person and his disability: it includes motor development, physical education, and all forms of sport and physical recreation. In some cases, adapted physical activities will be combined or used in conjunction with music and dance.

The seminar stresses that it does not consider the diagnosis of a mental handicap to be necessarily life-long. Many mentally handicapped people are capable of improvement; by the provision of a special environment and measures, which will include, as a basic essential, sport thus defined, they can hope to better themselves and often to lead a virtually normal life.

MOTOR DEVELOPMENT

Depending on the degree of severity, the mentally handicapped child is in general 2-4 years behind the normal child of the same age in physical skills. Special training and stimulus, including close physical contact with both parents and teachers in the early years, and adapted activities in the later years, are therefore needed to overcome motor defects (movement, balance, strength, skills), and to help in integrating different skills, faculties and senses.

Such adapted training fulfils - as does sport more generally - four essential purposes:

1. motor education;
2. fitness training;
3. social progress;
4. personal and emotional development for leisure and pleasure.

These enable the mentally handicapped person better to identify with his body, with his personality, and with others.

The seminar recommends to the CDDS therefore that special provision must be made available for adapted physical education and recreation in schools and institutions for mentally handicapped people of pre-school, school and post-school age, and in particular:

1. compulsory periods of physical education in school curricula and post-school institutions (at least 4 to 6 hours per week);
2. availability of suitably qualified physical education teachers;
3. adequate equipment adapted for these needs;
4. adapt physical activities in post-school institutions, (including work centres).

ROLE OF SPORT (ADAPTED PHYSICAL ACTIVITIES)

Parallel to the development of the notion of sport for all since 1966, sport for the mentally handicapped now incorporates all forms of physical activities adapted to their needs. A wide range of activities is used already: gymnastics, swimming, skiing, judo, many ball games - both team and individual -, track and field disciplines, riding, etc.

Each activity should be carefully controlled by the helper and have an objective; it should aim to fulfil one or more of the four purposes mentioned earlier; a wide range should be offered and assessments made regularly.

The activities should therefore provide variety, progression and, most important, enjoyment. The latter will lead to a greater feeling of security and happiness. Outdoor recreational camps are an excellent method of helping to achieve these objectives.

On the question of the place of competitive sport for the mentally handicapped, the seminar felt that:

1. pure competition could lead to increased stress for the competitors;
2. it should, therefore, be carefully controlled quantitatively;
3. when competitive events, such as the "Special Olympics", were organised, they should be accompanied by recreational activities;
4. that when properly organised, competitions could provide a rewarding experience.

The seminar agreed that in no case should competitive sport, or preparation for it, take up more than a very small proportion of the time given to sport. Competition for the mentally handicapped consisted in any case as much in exceeding previous personal performances as in winning. Awards for personal development were an important psychological encouragement.

Another major reason for adequate provision for sport for the mentally handicapped person is that sport is an activity in which s/he can join in with his parents and family when not at school. The importance of parental and family involvement and care is shown particularly well in the possibilities which family sport offers to continue her/his development and to provide a means of communication outside school or institution.

PROMOTION

The seminar stressed that the ideal of co-operation and partnership between governments and voluntary associations should be applied in sport for mentally handicapped persons in the same way as it is in ordinary sport. The major effort of governments should therefore be to provide the environment in which it could flourish: policy statements, promotion, development, and possibilities for integration.

The seminar discovered that only two or three member states seem to have a co-ordinated national policy for sport for the mentally handicapped.

The CDDS is therefore requested to ask governments:

1. to state clearly the national objectives in this area;
2. to provide the conditions for these objectives to be realised (facilities, adequate trained personnel);
3. to help associations to train and provide staff and equipment to translate these objectives into practice;
4. to promote an atmosphere of awareness and encouragement;
5. to stimulate other bodies (education departments, local authorities, schools, sport associations) to play their due part in this programme.

It will be for each government to decide what the overall objectives should be, for example:

1. is it the ultimate intention to do away with special clubs, and integrate at least mildly handicapped people into ordinary sports clubs?
2. is it the intention to encourage mentally handicapped people to enjoy and use public sports facilities at the same time as others or in similar groups at special times?

3. is it the intention to encourage an integration between mentally and physically handicapped people?

Whatever the decisions taken, a special effort of promotion will, however, be needed at the beginning (1981 is, moreover, the International Year of the Disabled). Governments should encourage specific measures such as access at reasonable hours to public facilities and information campaigns.

Experience also shows that it is advisable to have a central national non-governmental organisation, with local and regional components, which would have a co-ordinating role for the voluntary movement, both *vis-à-vis* national governments and international contacts. (In countries with constitutional differences the "central body" would reflect that difference.)

In some countries, large competitive events along the lines of "Special Olympics" could be of great significance in arousing both general and specialised interest and in finding outside sources of financial support.

TRAINING OF LEADERS

In schools and institutions, there is a great need for qualified personnel, trained to meet the demands of their pupils. Activities should be continued outside and after school and these should be taken care of by a person who will not necessarily need a highly specialised training.

Because of their special responsibilities and the lack of a recognised career pattern or structure, these leaders and teachers deserve a special status reflecting their particularities.

Governments should provide help to enable the voluntary associations to train voluntary workers to an appropriate standard, and the associations should ensure that an adequate programme of initial and refresher training is implemented in a co-ordinated way.

MISCELLANEOUS

The seminar recommends that the CDDS ask the Clearing House to pay particular attention to the prompt and regular exchange of information in this rather specialised and small field. National documents and films could be of great help to other countries as activities and ideas are developing rapidly. The Clearing House should also be asked to see how its liaison officers could help put specialists in more direct contact with each other. One of the more intangible but positive results of the seminar lay in the mere exchange of experiences.

The seminar noticed that there was a reluctance by the national mass-media in most countries to report on sport for the mentally handicapped. The local and regional press, by contrast, played a more positive role. The mass-media, it was felt, should play its part in helping achieve the greater normalisation which is the objective of all forms of care for mentally handicapped people.

CO-ORDINATION

The seminar recommends that in addition to its promotional role governments, where they have not already done so, should take a lead in providing a framework for co-ordination not only between the national parties concerned (ministries, local authorities, schools, associations, etc.), but also between countries with the aims of:

1. defining their respective roles and responsibilities;
2. providing central guidance and guidelines;

3. pooling experiences (for example, in the production of handbooks, exchange of information, enabling contacts);
4. ensuring a proper co-ordination on national and European level.

The latter is becoming increasingly important as international contacts (both practical and scientific) are growing.

The Greater Involvement of Women in Sport

(Dublin, Ireland, 1980)

The European Sport for All Charter defines sport for all as a comprehensive concept, embracing sport in many different forms, in which all people have the right to participate, of whatever sex, age, at whatever level of skill or commitment. The seminar unanimously considered that women wished to share fully in this general concept and rejected the notion of developing their own exclusive forms of sport. Women, however, have special problems in fully participating in all aspects of sport, and it was to these problems that the seminar proposed the following solutions to the CDDS for action as appropriate by member governments and non-governmental organisations acting in partnership.

The seminar participants recommended:

1. That all agencies involved with sport vigorously promote sport as an activity for both sexes which is beneficial, joyful and life-enhancing at all ages.

2. That public authorities and sports federations and other parties involved, should shoulder their individual responsibilities in facilitating a fundamental change of attitudes towards the greater involvement of women in all aspects of sport.

3. That as a first step, in those countries where women do not have equal access to all sports clubs and facilities, (either public or private), this right should be secured by law.

4. That national, regional and local authorities review their staffing policies, so far as sport is concerned, with a view to facilitating the employment in posts of executive responsibility of more women who are currently, or who have been, involved in sport so that policy may benefit from their experience at all levels.

5. That, as a necessary short-term measure, governments should ask Governing Bodies of Sport to consider introducing special steps which would ensure the occupation, in accordance with their rules, by women of a number of decision-making positions at local, national and international levels.

6. That those in positions of responsibility should ensure that when decisions are taken which involve women in sport then women should be involved in those decision.

7. That the recommendations of the Council of Europe's Luxembourg Seminar concerning physical education be implemented and in particular that it should be taught to mixed classes whenever and wherever possible and that teachers and leaders of physical education and sport should be educated and have regular periods of retraining so that they are able to teach effectively classes of boys or girls or both.

8. That action be taken by the appropriate authorities, through this and other means, to help eliminate sexism in sport and physical education, action which should be followed through by

all involved in education, both in and out of school, and especially sports leaders, so that they are aware of dangers of sex stereotyping in sport.

9. That the needs of different age groups should be recognised and that the activity should be appropriate to the individual's requirements. Suitable facilities and staff should accordingly be provided. Special consideration should be given for instance to the time of puberty, child-bearing and old-age. The needs of the handicapped at all ages should receive particular attention.

10. With regard to puberty, that instruction be provided through schools, clubs, educating coaches and teachers and the media with the family and the prospective girl participant to prepare her before puberty for continued access to sport, and to help eliminate the conflict that may arise at puberty between her feminine identity and her sporting identity.

11. With regard to older persons, that every encouragement, using available agencies and existing clubs, should be given to enable her to begin or to continue her participation in sport and physical activity, and to ensure sensitive workers, leaders and teachers are available (for example in older people's centres and geriatric hospitals) to provide opportunities for new activities.

12. That the child is protected from exploitation resulting from undue early specialisation or unduly intensive training.

13. That public authorities and voluntary organisations should support and promote activities whether in sports facilities, particularly local ones, or in the natural environment which encourage family participation in sport and in particular female participation within the family unit. For this reason, crèches should be provided in sports facilities.

14. That the Clearing House be asked to conduct an enquiry into the place of women in sport in the media in the member countries of the CDDS.

15. The seminar participants would like to see more educational programmes promoting sport for women in all media forms - including local ones - presented by females. Efforts to gain media exposure should be actively followed by individuals, groups, associations, and national organisations, perhaps using press attachés. Females should be given equal opportunities to present and report national sports events, even when they are mass spectator sports played by males.

16. Following the example of past campaigns in some countries, 'women in sport' has been designated as the theme of the 1982 Sport for All campaigns in Ireland and the United Kingdom. If this theme was to be adopted in other countries as well for 1982, the Council of Europe should consider supporting it as a co-ordinated campaign in all the member states.

Sport for Immigrants

(Lisbon, Portugal, 1982)

The participants reaffirmed the results of the 1st seminar and adopted the following conclusions:

INFORMATION DESTINED FOR IMMIGRANTS

1. Information must be addressed directly to the immigrants. It has to be at as local a level as possible, where immigrants live and/or in their families. The media of both origin and host countries and the new technique of videofilms and cassettes can be used.

2. Co-ordination in this latter area between these countries could be improved, in particular, origin countries could translate into their language and distribute to their emigrants material provided by host countries on sports promotion and the possibilities and openings for practising sport.

3. Special forms of information include ethnic newspapers and the broadcasting of humorous techniques etc. House to house and family-based communication are most likely to be successful. The methods of communication must take account of differences between the first, second and third generations.

4. Local media such as local TV (where it exists), radio, newspapers, poster boards, etc. will be more successful than national ones. They should be used in different ways according to the objectives.

5. Care has to be taken that sports promotion does not harm traditional family culture. Attractive and unusual material directed to the mass-media needs to concentrate on the human interest of a story.

CHANNELS FOR COMMUNICATING WITH IMMIGRANTS

1. Governmental authorities

   It is assumed that national governments have all agreed that opportunities must be provided for immigrants to have a chance to enjoy the same quality of life as the other inhabitants. Sports ministries and national, regional and local sports councils will therefore be obliged to apply this policy for sport as well, in particular by proposing, and distributing money for, appropriate programmes.

2. National non-governmental sports associations

   National non-governmental sports organisations (like the Deutscher Sportbund, the Swedish Sports Federation) have adopted information programmes and policies for the development of sports for immigrants. Other national sports associations are urged to adopt a text with a similar purpose appropriate to their country.

3. Local authorities

The sports departments of local authorities have a responsibility to ensure that immigrants in their areas have equal opportunities to participate in sport. In particular, they can help by training and/or employing sports animators, designed especially to work with immigrant groups.

4. Local sports clubs

Sports clubs have opportunities to communicate directly with immigrants, for example:

a. by club leaders, the most energetic of whom will actively search for immigrant members (on a house to house basis);

b. by bilingual instructors/animators who will be able to communicate with immigrants in their own language.

5. Non-sports agencies which can communicate with immigrants

a. Schools

i. physical education classes;
ii. school competitions, sports festivals, games ("Youth Games"), etc;
iii. classes in the mother tongue which can include material on sport, including traditional games of the origin countries
iv. school bodies, such as parent - teacher associations, class meetings, school councils, etc.

b. Work

i. the firm or company as such
ii. company sports clubs
iii. trade unions.

c. Local bodies

Besides local authorities who have a general and overall responsibility other official channels include:

i. social services' offices etc., and especially neighbourhood helpers such as social or community workers;
ii. community associations/councils, etc;
iii. the youth service, youth workers and youth clubs.

d. Private

i. the churches;
ii non-sports activities of sports clubs;
iii. immigrants' associations.

6. Co-ordination between all these agencies and bodies will be necessary if they are to function efficiently.

7. The working party agreed that a European poster for the development of sport for immigrants, which could be used in all countries, would be desirable. It should not be patronising, in any sense. The Portuguese authorities agreed to provide a draft poster.

8. It is also very important that information be provided for the native population so that a greater understanding of why special measures for promotion of sport for immigrants are necessary.

9. Information should also be made available to people working in sport on the cultural and sports backgrounds of different immigrants.

CO-ORDINATION

1. At national level

   a. National sports agencies are urged to establish formal consultative machinery with sports and other appropriate associations of immigrants.

   b. National sports agencies are urged to appoint at least one senior officer with special responsibility for the development of sport among immigrants.

   c. Individual national sports federations are invited to examine ways in which they might grant to immigrant sports leaders recognition of diplomas awarded by a sports federation in the country of origin of the leader at the appropriate level and with the necessary safeguards.

   d. Each member country of the CDDS is asked to establish and send to the Clearing House a list of associations and bodies concerned with sport for immigrants and for emigrants so that co-operation and collaboration may develop more effectively. This will help in the implementation of the suggestions at A.1 and 2 above.

2. At international level

   a. Co-ordination at international level should help promote integration in the way defined at the Lisbon Seminar.

   b. Proposals for bilateral and multilateral sports co-operation should be addressed in the first instance to the national sports agency.

   c. Bilateral co-operation can be effected both between national sports agencies and between individual sports federations of the two countries, and this can help resolve problems in a practical way.

   d. The seminar warmly supports the Portuguese offer to organise, perhaps in 1984 as part of the European programme, a training course for Sport for All animators for immigrants (participants from both host countries and countries of origin) and asks the CDDS to study positively the more detailed proposals which Portugal will submit to it in March 1983.

TRAINING

1. The basic problem is to inform immigrants of training courses open to them and to help them to attend such courses. These courses may be either those which are open to everyone or those which are specifically designed for immigrants.

2. Training courses should be organised by the host countries' authorities, and financial assistance should be given to the organisers of such courses.

3. Help may be given to immigrants to enable them to take part in animator training courses by providing grants towards the cost of attendance and by preparing course material in the immigrants' languages and adapting examinations as appropriate, especially for those of the first generation.

4. By training immigrants themselves there is more chance of long-term success in this field, and the main purpose of these courses should be to enable the animators to be better able to reach immigrants who do not yet participate in sport.

5. In sports training courses - for example, as coaches, officials, administrators, etc special attention (for example, additional sessions) should be given to immigrants as they have difficulty in finding out how the sports and the local central governments systems work.

6. Sports animators training for immigrants should include provision for general sport for all training and relate it to their own situation.

7. Care should be taken when adapting courses to ensure that there is no difference in the value of the diploma etc. granted to the immigrant and the equivalent one for the indigenous sports worker.

8. Some courses can aim to develop the sports which are widely practised by immigrants in their country of origin.

9. There should be some co-ordination of training schemes with the countries of origin, and the latter can help with the language problems and in the mutual recognition of sports diplomas.

Sport, Work and Well-being

(Vierumaki, Finland, 1983)

The participants in the seminar "Sport, Work and Well-Being"

Recalling the European Sport for All Charter adopted by the Conference of European Ministers responsible for Sport at their first Conference (Brussels 1975), and Resolution No. 2/81 adopted by the Ministers at their 3rd Conference (Palma de Mallorca, 1981) concerning priorities for European sports co-operation, in which they, in particular: "take cognisance of the fact that the introduction of new technologies in industrial societies will lead to increased leisure and thus to a greater demand for opportunities for sport and physical recreation", and paragraph h. of the said resolution, asking the CDDS "to undertake the following new priority themes: ... sport for the working population ...";

Considering that technical developments have brought and will continue to bring about changes in the character, the organisation and methods of work leading inter alia to increasing specialisation and physical immobility and also to increasing strain on the central nervous system, and considering that the negative effects of this increasing mental stress require special measures for the maintenance of the well-being and health of the working population.

Stressing that this changing character constitutes a challenge to sports policies.

Considering that it is desirable to promote the active participation of the whole working population in physical exercise by all appropriate means which will include possibilities for physical activity during work time and during leisure time both in the work place and outside.

Present to the CDDS the following conclusions and recommendations, based on the proposals made by the working groups at the seminar.

SUMMARY OF RECOMMENDATIONS

1. Traditional sports policies have not taken into sufficient account the problems and difficulties of the working population - and in particular some fairly distinct categories of it - to participate in sport and physical recreation. A major priority for sports policies should therefore be to remove these obstacles with a view to increasing motivation and the possibilities and opportunities to participate actively.

   This could be done by switching the emphasis in promotion campaigns away from competition to participation. Such a switch, along the lines suggested above, will cost money and resources but considerable benefits will accrue if Ministers are prepared to accept these recommendations and implement them.

2. The effective implementation of these proposals and other measures to promote the well-being of the working population will require the collaboration and co-operation of other important partners and authorities with linked responsibilities, (for example, the trade unions, employers' organisations, local authorities, education, health and other governmental departments, the sports organisations and other voluntary bodies).

3. All employers should be encouraged to provide time, facilities and opportunities for their employees to take part in physical activities. Such activities should include regular adapted work-break exercises, possibilities to take part in (company) sport during and after working hours, and possibilities for individual and collective physical fitness training courses. The purpose of such activities would be to increase the well-being of the employees and the quality of life at work.

4. Evaluation

   In the past, a substantial but dispersed input - campaigns, promotion, staff training, etc. - has been devoted to physical activities for the working population: but little is known about the effect or impact of the different measures adopted, either singly or together. One research priority which would be useful for policy makers is to evaluate and monitor the actions taken, and their follow-up. Action-based research might be a useful and relatively quick method to get such information.

5. Efforts should be made to encourage new forms of information exchange and promotion of awareness, for example, by inviting the mass media to pay more attention to sport and physical activities for the working population and recreational, leisure-time sport.

6. Adults do not seem to recognise the need for physical activities during one's working life. Educational establishments at all levels should be encouraged to promote awareness of the need for regular exercise and to provide the basic capacities to enable adults to join in the activity or activities of their choice throughout life. Positive experience at an early age seems to be of key importance for future participation.

PHYSICAL ACTIVITIES DURING WORK, IN PARTICULAR WORK-BREAK EXERCISES

1. Information

Information policy should be differentiated according to the various target audiences. Among the major ones are the following: policy makers, managers and the worker population. It is particularly important to provide trade unions and workers' organisations with properly structured information about the significance of work-break exercise.

Information policy should lead to the development of adequate promotion, publicity, campaigns and policies for the support of work-break exercises.

An effort should be made to use human contacts to disseminate knowledge and stimulate interest. All available channels should be used to reach other interested organisations.

The exchange of information, including disseminating the results of research work between different countries is very valuable so that experiences can be shared and assumptions tested.

Research has shown that properly structured work-break exercises can contribute to a reduction of industrial accidents, as well as having a positive effect on working capacity and general well-being.

It is suggested that the Clearing House distributes research results as widely as possible to interested parties in the CDDS.

2. Institutional frameworks

In some countries, a legal framework for promoting and stimulating the introduction of work-break exercise may be an appropriate instrument. In others - especially those where work-break exercise is already fairly common - administrative support may be a sufficient response by the public authorities. Whichever institutional framework is chosen, the purpose will be to encourage and stimulate the private organisations - employers, trade unions, staff associations and where appropriate sports organisations - to develop a programme of work-break exercise. The objective is to promote full co-operation between all the parties involved.

3. Techniques

Women and men traditionally have different attitudes towards work-break exercises. Men are usually less active, so it is important to develop appropriate programmes for men. Programmes should take account of different kinds of job and work practices, and the work-break exercise should be correct, adapted and complementary. This is particularly important with the development of new work patterns, especially those linked with automatic data processing. Programmes should also aim to maintain and develop interest by the participants.

4. Work with other partners

Interdisciplinary research on work patterns and work-break exercise needs should help refine programmes. More research work studies in this field are needed.

Researchers need more practical information from, and involvement by the work-break exercise leaders and the participants in the working population.

Preparation for work-break exercise can begin with education in health-related fitness at schools. Professional training establishments should be encouraged to introduce courses on work-break exercise appropriate to that profession into their curricula.

5. Training

Work-break exercises will usually be introduced by specially trained leaders, who will use micro-breaks and progress step by step.

One objective will be to achieve a situation where the self-training, self-realisation, self-knowledge, self-discipline and self-motivation of the working population is sufficient to develop and prepare self-regulated work-break exercises.

The break should be compulsory but each worker can decide whether she/he wants to join in or not.

There should be a specific work-break exercise programme for each target group, as it is necessary for all types of workers.

The feeling of well-being inside the human body must be the goal.

6. The future

If the necessary means are made available, then it is to be expected that the need for work-break exercises will continue to increase, which will lead in turn to the development of new attitudes towards work-break exercises and new methods. New work techniques will continue to pose new challenges, which should be met by providing an education in motor mobility appropriate to each worker and each job.

LEISURE TIME ACTIVITIES CONNECTED WITH WORK, INCLUDING "COMPANY SPORT"

1. Definition of company sport

All kind of sports and physical activities organised in a work place (eg. a company) basically for the employees.

2. Significance of company sport for the employees:

   a. Physical fitness: Depending on the frequency of sport activities, it may improve physical fitness.
   b. Mental fitness: Company sport does not produce as many losers as competitive sport.
   c. Socialisation: Company sport appeals to a different target-group to the regular clubs; it introduces a set of norms and values connected with the less competitive character of company sport.

d. Communication improvement: People have an opportunity to get to know each other in a different context to their working situation.
e. Team spirit: It is considered important for an individual to belong to a group; positive effects in the working environment could result.
f. Preventive functions: Company sport can create a bridge between physical education in school and a physically active life after that period and a bridge to "regular" sports practice. In the light of a reduction of working hours, company sport seems to be able, at least partially, to fill the "new" leisure time.

3. Significance of company sport for the employer:

a.. Company spirit. Besides team spirit, company sport may also lead to a beneficial company spirit.
b. Company's image. The company's image may be raised by stimulating sporting activities for the employees.
c. Health. Participation in physical activities may lead to less absenteeism and a healthier working population; however more research in to these possible relationships is needed.

4. Possible obstacles to company sport:

a. If sport is regarded as a stimulus for communication, a participant in company sport could be restricting his social contacts.
b. Many sport activities have a risk of injury. Companies might not want to take that risk.

5. How to overcome these obstacles

a. If inter-company sport is stimulated at the same time, and/or families participate, the communicative function of company sport will be less narrow.
b. There is no proof that injuries occur more often in company sport than in other sports activities. To reduce injuries in company sport one could think of the following measures:

    i. information on injury-prevention;
    ii. modifying the rules of "risky" games;
    iii. confining to the less "risky" sporting activities; 4) accentuating game fun instead of the urge to win.

6. Organisation

All company sport should be based on local initiative within the company. A central organisation - either separate from or as a part of an overall sports federation - is of value for supporting and stimulating the local clubs.

7. Recommended measures to be taken for the promotion of company sport

In some countries there seems to be ground for the observation that people who participate in company sport are mostly already active in other sports. This statement, however, does not hold true for the majority of countries. Company sport is generally regarded as supplementary and introductory to "regular" sport.

a. Every employee should have the opportunity during working hours to do physical or sports activities for 2 or 3 times a week. This may in particular help to promote a greater participation of women in sport. In general it should help stimulate motivation and well-being for all employees.
b. De-emphasise the competitive element of sport and bring the joy and fun element more to the fore.
c. Schools and other educational bodies should provide more information on recreational sport and its value during working life.
d. More account should be taken of sport for the working population in sport for all programmes.

PHYSICAL ACTIVITIES NOT CONNECTED WITH WORK

1. General leisure time activities

Involvement in sports activities is voluntary. It should therefore be in accordance with the needs, wishes and abilities of the individual: one of the main motivations should be "fun", from which derive social benefits such as friendship, communication and social integration. A desire to be physically fit need not be the principal motivation. That is why it is difficult to lay down rules about what constitutes "healthy activity". The objective should be to promote all-round development of mental and physical health as well as human happiness, that is, general well-being.

The proposals cover the whole range of physical activities, form recreational, informal activities, to competitive sport. However, stress and emphasis should be placed on informal, "soft", recreational activities.

As society changes so do its recreational needs. Sport is sometimes slow to recognise this and sporting organisations should be encouraged to take more account of changing trends.

The following proposals are those which the seminar feels are within the competence of ministers responsible for sport in order to improve participation by the working population.

2. Target groups

Although the purpose of the seminar was to identify ways of increasing activity among people in general, there are certain target groups within the working population which require adapted programmes and easier access to existing facilities if they are to become actively involved in sport. New facilities (cf. infra) may also be needed.

These target groups include:

a. women;
b. elderly people;
c. blue-collar workers;
d. immigrants;
e. handicapped people.

The seminar did not forget the needs of unemployed people, which will be discussed more specifically at Cardiff.

It is important to remember that some people fall within more than one of these categories, and so their needs are even greater. Also, people's needs change at different stages of their lives. The majority of people are aware of the need for exercise and therefore more campaigns are not the priority: what is needed is:

a. to stimulate motivation;
b. to create opportunities to participate;
c. to develop programmes that will encourage continuous participation ("fidelity").

3. Ways of increasing participation among the working population

Experience shows that success is dependent upon making all or some of the following arrangements or changes in the organisation of sports activities:

a. Start with sports with which people are familiar and which are the most popular.
b. Provide activities which people like: this is easier to say than to do.
c. Create possibilities that are "fun".
d. Provide an attractive atmosphere so that people can be spontaneous and creative.
e. Adopt informal rules for a relaxed and enjoyable activity.
f. Provide flexible opportunities, meeting individual wishes and needs for competition and leisure and vice versa
g. Provide simple, local facilities which are easily accessible.
h. Adjust conditions such as opening hours, equipment and location of facilities etc. so that people have more opportunities to participate more frequently.
i. Provide family facilities (for example, crèches) and family activities.
j. Improve the co-ordination between schools and clubs and the other partners in sport so that they engage in common effort rather than rivalry.
k. As each country has different needs and traditions, the ways of implementing these proposals will vary.
l. Another approach is to encourage the use of physical means to go to work and return home, for example by providing more cycle tracks to help commuting by bicycle.

4. Other measures

Other important institutions such as trade unions, employers' organisations, local authorities, education and health departments, and sports federations, must also be involved in this programme if it is to be successful.

a. Much more research needs to be carried out on the obstacles which prevent working people from participating in sport, on the various types of sports behaviour of the working population, and on the means of overcoming the very high "drop-out" from sport which occurs in many countries, as well as "sports illiteracy".

b. Elderly people need more opportunities to participate in traditional sports: (for example, it is very difficult for women in their 50s to take up ball games in most countries).

5. Training of leaders

a. A "second wave" of voluntary Sport for All leaders is required. If necessary these people should be paid for their efforts. They should be trained to provide a "life-time" approach so that people can have the opportunity to continue in sport instead of dropping out as they grow older. They should also be trained in a "recreational"/"fun" outlook. Too often present leaders see Sport for All as a means of recruiting people into rigorously competitive sport. This is not the only motivation and other attitudes should be encouraged.

b. The complementary nature of leisure "fun" activities and competitive sport or vice versa should be encouraged. Ways must be found of improving the reciprocal opportunities as the individual wishes.

c. Too much mass media emphasis is given over to competitive sport. There is a need for more TV and newspaper coverage of mass participation activities.

d. Participants and recreational activities should be emphasised in the family and guidance given on these to primary school children.

e. The ethical and moral values of sport should be emphasised.

European Course on "Sport in Tourist Areas"

(Tróia, Portugal, 1985)

SUMMARY REPORT

As part of the programme of activities of the Committee for the Development of Sport of the Council of Europe, Portugal offered to organise in 1985 the fifth European course on "Sport in Tourist Areas".

The topic is modern: the concept has only recently been included within the wide field of the promotion of Sport for All and Leisure Sport; it is of interest and should have consequences at both national as well as European levels.

Seventy-one participants and ten experts from CDDS countries took part in the course.

Briefly, the objectives of the course were:

1. the promotion at European level of sports activities as part of tourism;
2. the training of specialised staff: that is, sports experts working in the tourism sector;
3. mutual support and stimulation through the exchange of experiences on ways and means of sports development on beaches, campsites, tourist and thermal complexes, etc.

The programme of this course was based on two kinds of activities - promotion and training.

1. Promotion

   a. Marketing and public relations methods, such as posters, stickers and other promotional items showing the relationship between sport and tourism.

   b. The "Informarket": a kind of exhibition, situated where the action took place, displaying a large number of different items, from all the countries represented and encouraging a discussion of the problem concerned.

c. Open door days: these days were practical tests of promotion strategies and were aimed at everybody who was directly, or indirectly interested in tourism, such as individuals, authorities, journalists, etc. and who were invited to participate.

2. Training

Training activities were the major part of the programme of this fifth course. They were mainly practical. The detailed programme covered:

a. Field activities
b. Trim games, orientation course and "new games".
c. Sports animation in campsites.
d. Beach games.
e. Orientation.
f. Animation in tennis.
g. Tourist cycling.
h. Games for children and families.
i. Initiation to archery.
j. Aquatic activities
k. Collective games, aquatic circuit and fitness in water.
l. Animation at the swimming pool.
m. Aquatic games (at the beach).
n. Windsurfing.
o. Canoe - Kayak.
p. Diving.

All these practical sessions began with a concise theoretical introduction on principles. There were also some theoretical sessions, although those were only a small part of the programme, such as:

1. "Tourism in Portugal, perspectives for development"
2. "Sport animation in campsites"
3. "Sport and tourism in the Flemish Community in Belgium: origins, activities, organisation,. and pedagogical aspects"
4. "Touristic jogging in the city of Luxembourg"
5. "Marketing of sport and tourism"
6. "Impact of tourism on walking and ski races. Organisation and promotion"

And also a round-table conference on "Sport and Tourism".

The activities, which began at 9 a.m., lasted all day and sometimes continued during the evenings. The participants were divided into groups in order to fulfil the aims of the programmes - such as the informarket, the open-door day, and the games tournament; all of which were prepared and organised completely by the experts, and thanks to them, all these activities were totally successful.

Generally speaking, we think that this fifth course was satisfactory from the organisational point of view and that the training objectives were achieved; it was not the same with the promotional aspects. As a matter of fact we could say that sports offered a helping hand to tourism, but the latter did not care.

FINAL REMARKS

The concerns, the knowledge and the experiences exchanged during this course can be divided into five major areas, of great significance as far as the relationship between sport and tourism is concerned:

1. the need for co-operation at political level between the authorities from sport and those from tourism;

2. the need for training a specialised staff on sports animation;

3. the programming of sports-tourism's activities;

4. logistics, substructures, equipment and financing aspects;

5. Information and publicity

   The need to appeal to the tourist sector to develop a wider interest was stressed strongly: it should invest a part of their profits in sports animation programmes, which would then change the relationship between sport and tourism into a means for promoting the welfare and development of people and of society as a whole.

6. The importance of the promotional aspects of this new concept was also underlined, in order to improve efficiency and to better answer the demands of this specific group of people.

Hence the need to train specialised staff in sports animation.

In short, we could come to the conclusion that it would be interesting and useful to proceed with this kind of course at European level, when objectives and methodology seem likely to promote effective exchanges and co-operation. As far as the training of specialised staff for sports animation in the tourist area is concerned, there is still a lot to do, and several aspects would benefit from a greater co-operation and experience exchange.

In Portugal we already have:

1. developed a project for training in sports animation, which has already received support from the European Social Fund, and this at the initiative of the DGD, the national authority for sports;

2. improved the level of concern and interest shown by the tourist authorities;

3. proposed the creation of a bureau for sport-tourism attached to the Secretary of State for Tourism.

Sport for Prisoners and Young Delinquents

(Vimeiro, Portugal, 1986)

CONCLUSIONS

1. Sport for All

Sport for All means making all forms of sport and recreation available for everyone who wants such activities, regardless of their social situation, origins or handicaps. Sport for All must therefore also extend to those who are disadvantaged in any way - including that small, but increasing population which is temporarily detained in prisons or other centres. Inmates of these institutions should have easy access to opportunities for sport - whether it is so that they can continue their practice, or more likely, to introduce them to it, and to encourage them to continue such practice after release.

Prisoners and delinquents, though deprived of their liberty for a given period, maintain their rights to education, culture and sport; these rights are important as they are likely to experience difficulty in obtaining employment after release. Many of them, especially young delinquents, who are often potential prisoners, will. require special provision and opportunities to take account of their particular circumstances.

2. The situation

Crime and juvenile delinquency are increasing in Europe and thus so is the number of detained people; most institutions are causing problems for inmates and staff. A high proportion of prisoners and delinquents are young and serve short sentences, but many are recidivists. The economic situation has reduced the amount of organised work in them.

3. The European Prison Rules

The draft revised European Prison Rules stress the importance of preparation for release and of an outward looking approach. The place of sport and physical education - both within this general philosophy, and within prisons and centres for its own intrinsic values, is properly recognised in these revised rules. There have been important changes in recent years: from compulsory exercise to voluntary participation in sports and games; recognition of the role of sport and physical education as a means of education; new centres and prisons with their own purpose-built sports facilities. The experts proposed some amendments to these draft revised Rules, as in the appendix.

4. The purpose of sport for prisoners and young delinquents

Though some of the objectives of sport in custodial institutions are specific to them, most are similar to the objectives of sport in general. They cover three main areas and some have complementary aspects: (for example, the impact of sport on the morale of staff may improve prisoners' morale, and vice-versa):

Ethical - detainees have and should maintain the same right to practice sport as other citizens. Sport not only contributes to their physical and psychological health and well being but is also a necessary way of counteracting the 'damage' inevitably caused by custody.

Social - Sport provides an opportunity for learning self-control, a respect for rules and other attitudes which are useful in society whether in institutions or after release. It is also an antidote to some of the pressure of institutional detention. It is a constructive use of 'free' time (which amounts to nearly half the time spent in an institution). It can help contribute to good inmate-staff relationships. It can help them lead a non-criminal life after release.

Personal - Sport is a potential source of great interest for detainees. It can help re-establish their self-respect and sense of identity. It can provide contacts with the outside world. Inmates often respond well to energetic and "risky" sports.

5. The integration of sport and physical education

Sport is therefore both educational and recreational. Sport should be an integral part of the education programme, and an essential element in the treatment of each inmate's health and social learning plan, based on his skills and needs and a practical preparation for his release in the best possible conditions. In institutions it is the process of sport and physical education which is the important aim; the product (that is, the mere achievement of "good scores") is, in most cases, secondary as inmates have often been 'losers' in the past. The varied status and conditions of prisoners and delinquents - in particular, the length of their sentence; their (usually low) age and level of education; their origins; their (often poor) health - means that the provision of sports and physical education programmes and the teaching or coaching of them have to be adapted to take account of these varied circumstances and of varying motivations, and, often, designed for individuals or very small groups. (The activities themselves - which can include all kinds of sport - do not, in principle, need adapting.) The need for adaptation applies with even greater relevance to women prisoners and short term young delinquents.

6. Links with the community

Whether sport and physical education in prisons and centres is organised on an internal or an external basis, by the prison department/service, or by public or private sports organisations/agencies, the common goal will be to obtain a high level of motivation and participation. Institutions should provide, at the least, facilities for sport, should make time available for sport and ensure that sports programmes are a permanent part of the activities open to all inmates. Sport can furnish a means of enabling contacts between inmates and the outside world, and between the local community and the institution, and of rendering mutual services. (In this context, sport can be a good reason for granting prison leave.). It can provide a means of acquiring qualified instructional skills, and should be a means of enabling prisoners to continue to practice sport after release. This is especially important for short sentence detainees, who can usually only be introduced to sport. This aspect shows the importance of continuity in sport for all, and of course also applies to long-term prisoners. It also shows the need for links with organisations and agencies which work with discharge offenders and on probation tasks.

7. Co-ordination

The expert group considers that the ministries responsible for sport should - if they do not already do so - fully support the provision of sport in all custodial and penal institutions; should develop and strengthen such provisions, and offer their full co-operation in this task with all the other ministries or agencies that may be involved; the sports ministry should assume a responsibility - at least a moral one - for supervising the implementation of European Prison Rules as regards sport and physical education and ensure that adequate opportunities exist both in prisons and in detention centres. This should apply, whether the activities are organised by the prison or centre authorities, by the Ministry of Education, of Social Affairs, the Sports Ministry itself, or entrusted to outside sports organisations (or a combination of any of these). It may be advisable to create an appropriate inter-departmental body representing all interested parties to deal with these questions and to co-ordinate policies.

8. The contribution which sport can make

Ministers responsible for sport can contribute to the realisation of these aims and objectives by:

a. helping to guide public opinion to a more favourable attitude towards the provision of facilities, money and staff for sport in prisons and centres, and the recognition that the higher the quality of such provision, the greater are the potential rewards;

b. encouraging sports organisations to offer their help and experience to prison and detention centre authorities in developing - if so desired, organising - adapted sports programmes, including non-competitive ones, both within and wherever possible, outside the institutions (including in some cases, allowing inmates to join ordinary sports clubs.

c. developing in conjunction with sports organisations and these authorities suitable sports programmes for various categories of detainees (for example, women prisoners, juvenile delinquents, foreign prisoners, prisoners with aggressive tendencies), and devising new ones (for example, for drug addicts, in which area there are some interesting pilot projects);

d. stimulating sports clubs to provide opportunities which would ease the problems of, and encourage, offenders wishing to contribute to these aims such as outdoor physical activities and recreation, and outdoor work, under appropriate conditions, and which can contribute to preparation for release;

e. consider providing, from their budgets, financial help to these sports organisations which help in these respects;

f. enabling prisons without their own sports facilities to have access to suitable local ones;

g. providing opportunities for prison and detention centre staff who so wish to acquire initial or undergo further, training leading to a sports or physical education qualification;

h. encouraging the mutual and shared provision of training opportunities by sports organisations may be mutually recognised;

i arrange for sport and physical education teachers who may wish to work in prisons or centres to become acquainted with such institutions;

j. helping with the deployment and training of an adequate number of motivated and qualified staff (whether from prison/centre services, sports departments, voluntary organisations, etc., depending on needs and circumstances) to carry out the adapted programmes described above;

k. encouraging, through the provision of animators, prison/centre authorities to stimulate detainees to develop and organise their own sport and recreation activities (in accordance with the draft revised European Prison Rules, paragraphs 34.2, 65.d and 69) as a training in self responsibility;

l. encourage the development of research strategies for assessing the impact and effects of regular participation in various forms of sport and recreation upon the physical and psychological well being of detainees and upon discharged offenders or former delinquents.

Appendix
Proposed amendments to the European Prison Rules

Paragraph 57: Add to end of the paragraph:

- physical education and sports teachers.

Paragraph 84:

Thus resources should be made available to provide adequate facilities and equipment, and to ensure that there are suitably trained personnel available to carry out a properly organised programme of physical education, sport and other recreational activities, which should be compatible with the objectives of the régime.

Paragraph 85:

Prison administrations should ensure that prisoners who participate in these programmes do not have counter-indications, and programmes should be provided to cater for different physical needs of the prisoners. Special arrangements should be made, under medical direction, for remedial physical education and therapy for those prisoners who need it.

Seminar on Traditional Games
(Vila Real, Portugal, 1988)

CONCLUSIONS ADOPTED BY THE PARTICIPANTS ON COLLECTING INFORMATION ON AND DESCRIBING TRADITIONAL GAMES

1. The seminar agreed with the definition of traditional games for this project proposed by the preparatory meeting, namely:

   a. traditional games which existed, or had their roots in physical activities before the spread of modern internationally organised sport;

   b. traditional games when physical skill was preponderant over other characteristics such as strategy (as in chess) and pure chance (as in dice games); to exclude dance and folklore;

   c. neither competition nor the need for training were absolute criteria, but most traditional games to be included would include elements of both (some might also be professional); even if most traditional games were not structured in an organisational sense, the playing of the game itself would follow a recognisable structure, and have teaching and learning characteristics;

   d. children's games which satisfied these criteria;

   e. some traditional games would be national, others purely local;

f. emphasis should be given to games which still survive.

2. The seminar was the first European opportunity for the exchange of information and experience on the problems of researching and cataloguing traditional games. Experts in many member states, conscious of a rapidly disappearing cultural, social and sporting heritage, are beginning to collect information; others have been at work for some time. There is no need for a comprehensive set of theoretical recommendations: there is a need for providing practical help and guidance, and for some common guidelines so that cross-cultural comparisons (revealing the existence of lack of a common European identity) can be facilitated.

3. There are four steps proposed:

   a. collection;
   b. description;
   c. catalogue;
   d. overview.

4. Collection

The collection of information on traditional games should begin at once. It can be part of wider social anthropological research, or part of sports history. Field work can be done by dedicated amateurs, by research students or by "specialists". Research will need pluridisciplinary techniques, exploiting oral, visual, iconographical and written sources; using libraries, local history societies' publications, linguistic studies, literature studies (including anecdotes and jokes). It is desirable that one national or central (or, where appropriate, regional) university or other similar institution acts as a focal co-ordinating point for such research and collection, in order to facilitate the succeeding stages.

5. Description

The raw material, once collected, should be described, not only in order to present or recreate the traditional games in question or to use/demonstrate them for educational uses, but also in order to be able to list the material logically in publications. This will lead inevitably to decisions on classifications; these will be empirical, and the participants have agreed to exchange views, proposals and ideas among themselves. The co-ordination centre referred to in paragraph 4 would act as the primary contact point for enquiries from other countries.

6. Catalogue

Ideally, a two-stage catalogue will be published for each country or region. The first stage, of use to policy-makers and researchers, is an annotated bibliography of major works (literary, audio-visual collections, catalogues from museums, etc.) providing a representative and academically sound publication. The second stage is to produce as complete an inventory as possible: this will enable general or specialised researchers to have access to all the original documents in the desired field available in that country or region. This catalogue should also indicate where the original material is to be found.

7. Overview.

At the moment when the annotated bibliography is produced, those who are responsible for that work should also prepare a "state of the art" report on traditional games in that country or region. It would indicate the status and vivacity of traditional games, show how they are passed on, the range and variety of material available, problems of research remaining to be studied, and indicate a "prognosis" for the survival of traditional games. This overview will be of interest mainly to policy makers and in particular to those in charge of sport development and sport for all policies.

8. The national reports prepared by several member states for this seminar provide a starting point for such overviews and the completion of several of them will enable European studies to be made. The lectures given and Traditional Games demonstrated or shown at the seminar already show that there is a rich field of study in Europe.

9. After the 2nd CDDS seminar on traditional games (which it is suggested should take place in 1990), which will concentrate on policy aspects, the participants suggest that a wide ranging scientific congress on traditional games be organised, under Council of Europe patronage, in c. 1992 to bring the results of this CDDS project to a wider audience and to agree on the major lines for future work.

Traditional Games

(Leuven, Belgium, 1990)

CONCLUSIONS ADOPTED BY THE PARTICIPANTS

Introduction

The Seminar on Traditional Games was held in Leuven (Belgium from 12 to 16 September 1990 and brought together some forty participants from fourteen European countries. The following questions were addressed:

1. How are these traditional games played and how can their practice be encouraged?

2. Who plays and organises traditional games?

3. Why should traditional games be encouraged?

4. Bearing in mind the results of the Vila Real seminar, the participants approached each of these questions from three angles:

5. aims, or "why traditional games should be promoted";

6. methods, or "how to assess the consequences of promoting traditional games".

7. assessment, or "how to assess the consequences of promoting traditional games".

8. After two days of theoretical work and two days given over to excursions and playing and/or watching traditional games, the participants adopted the following conclusions:

Conclusions

The participants in the seminar on traditional games,

1. convinced that traditional games, as an expression of Europe's cultural heritage, help both to generate a sense of belonging to a particular local, regional or national cultural community, and - through inter-cultural exchanges - to develop the European cultural identity;

2. noting that such games encourage persons of all ages and of all social groups to take part in physical and sporting activities, thus constituting an important aspect of the "Sport for All" plan;

3. regretting the absence of institutional structures to facilitate the implementation of such a plan of action;

Wish to see endeavours to learn about and promote traditional games encouraged by:

1. continuation of the work started at the Vila Real Seminar, of recording ("who practices which games and in what context?"), describing, cataloguing and surveying traditional games, for the purpose of compiling a European Atlas of traditional games;

2. efforts to bring the results of this research work to the notice of a wider public by means of:

    a. publications, exhibitions and public events;

    b. an international research bureau able to serve as a letter-box and a clearing house for information, (using an information bulletin for example);

    c. a European Congress of traditional games to advance the progress of current work;

3. initiatives targeted specifically on children and young people, involving *inter alia* the use of teaching aids in pre-school, school, and out-of-school contexts, and allowing, for example, traditional games to feature in programmes in physical education;

4. equipment hire services which could gradually stimulate the creation of workshops for the production and conservation/restoration of old or scarce items used in the playing of traditional games;

5. co-operation, where appropriate, with tourist boards as one of the possible partners in the promotion of traditional games;

6. creation of supporting organisations and/or federations and confederations that will give traditional games the status they deserve at the national level;

7. an appropriate assessment to accompany every research programme in order to highlight the significance of traditional games in society past and present,

Ask the CDDS to support their endeavour to achieve the above-mentioned objectives.

Take note with gratitude of the proposal of the Hungarian experts to host a congress and festival of traditional games in Hungary, probably in 1993;

Will readily entertain any proposal concerning the venue of similar events in the years ahead.

Sport for All - From Theory to Practice

(Kisakallio, Finland, 26-29 October 1993)

CONCLUSIONS ADOPTED BY THE SEMINAR

More than 70 experts in the field of Sport for All from 19 different member countries of the CDDS discussed, based on presentations by international and Finnish experts, observed, demonstrated, proposed and concluded the following, bearing in mind particularly the current conditions in the SPRINT countries.

1. Due to the drastic changes in the social and economical conditions, national, regional and local structures and organisations responsible for the development of sport have dissolved or dramatically changed. The sport community is faced with substantially reduced public support. In many countries the public funds are still being directed to top sports with low priority on Sport for All. Furthermore, the division of national responsibilities and co-ordination in developing Sport for All is unclear.

2. These new conditions in which Sport for All operates are in many cases worse than in the past. Facilities, leadership and voluntary instructors are either non-existent or insufficient for the development of Sport for All in general and in particular for youth, disabled persons and minority groups. It is difficult to realise the full potential of "voluntary work" since the concept suffers from old connotations. "Voluntarism" in the past was a built-in feature of the totalitarian system as opposed to true civic voluntarism. Sport for all activities which were traditionally strong in companies and other work organisations do not function any longer. These and other developments in Sport for All are especially disturbing in the light of the declining health status of children, young people and adults. Since Sport for All can significantly contribute to the promotion of public health, the seminar strongly urges national decision makers to give top priority to Sport for All in the development of an overall national sport policy.

3. The minimum conditions for the development of sport include proper legislation, public funding for example through lottery proceeds and other new forms of financing, tax exemptions, and the provision of basic facilities for all sectors of the population. The indispensable governmental tasks for the support of Sport for All should be defined and public responsibilities and strategies developed accordingly. The seminar thinks it is imperative for governments to take care of their responsibility to society in general to provide the basic conditions for Sport for All according to the European Sports Charter.

4. Since the social, political and economic situation differs greatly between countries, it is difficult to form a common strategy for the development of sport. Each country must design its own strategy based on its own conditions. Nevertheless, some common elements for their strategies can be identified. Positive impacts should be emphasised such as improvement and maintenance of health, functional capacities and vitality of populations and nations through Sport for All. Sport for All activities should be built on people's own initiatives and responsibilities, and sport clubs should and can play a major role in providing the services that are needed. Efforts should be made to enhance the public's awareness of the significance of Sport for All and to develop positive attitudes towards it. New concepts of voluntary work should be defined and adopted as the cornerstone for sport club activities.

   A practical starting point could be the promotion of health-related physical activity and fitness in different organisational settings and for different target groups.

5. Possible measures to promote Sport for All include:

a. the provision of a general framework and guidelines for the development of sport by governments;

b. the setting up and strengthening of the role of national Sport for All associations;

c. developing the services of sport clubs;

d. designing a system compensating voluntary work in financial and other ways;

e. providing continuing education to teachers, trainers and sport instructors on Sport for All;

f. developing models and good practices of Sport for All promotion in different conditions and settings.

It should also be kept in mind:

a. that strengthening the profile and role of sport for disabled persons in national sport communities is beneficial to all, and

b. that the development of Sport for All also depends on a good knowledge and research on its current status, problems and future prospects.

6 The Seminar proposed that the CDDS:

a. endorses these conclusions;

b. informs other Council of Europe Committees of these conclusions;

c. encourages national authorities:
    - i. to create practical conditions for the implementation of the European Sports Charter in the field of Sport for All;
    - ii. to organise a series of seminars to promote examples of good practice of Sport for All focused on young people and combining experiences from old and new member countries;

d. supports the exchange of information and research on Sport for All;

e. provides support and means for the continuation of the process initiated by the present Seminar, in particular:
    - i. by inviting the participants to send suggestions for follow-up activities to the Finnish organisers,
    - ii. by encouraging the participating countries to use the network of contacts created during the present seminar to further, where and when appropriate, bi-, tri- or multilateral projects;
    - iii. by launching in co-operation with other international organisations and with the help of the Clearing House the idea of a European calendar or directory on forthcoming Sport for All events;

f. instructs its Research Co-ordination Group to follow the development of Sport for All in the new member countries using, for example, the results of the research work done by ICSSPE in this field and in particular with regard to the social situation of these countries;

g. emphasises the importance of co-operation between national bodies in the field of Sport for All as well as transfrontier co-operation;

h. examines the possibility of introducing, where appropriate, the methodology used for the preparation and evaluation of this Seminar as a working method for other such seminars or meetings.

7 The seminar expressed its sincere appreciation and thanks to the organisers of the seminar: the CDDS of the Council of Europe, the Finnish Ministry of Education, Kisakallio Sports Institute, Finnish Sport for All Association, Finnish Association of Sports for the Disabled, Finnish Central Sports Federation, Urho Kaleva Kekkonen Institute for Health Promotion Research.

Eurofit Test Battery for the Assessment of Health-related Fitness of Adults: 1st international course for test leaders

(Tampere, Finland, 6-8 November 1995)

PURPOSE

The purpose of the course was to provide its participants theoretical basis and practical skills for organisation, administering, conducting, teaching and counselling Eurofit health-related fitness tests.

PROGRAMME

The course programme provided lectures on foundations, rationale and structure of the adult Eurofit test battery and hands-on experience in conducting the fitness tests and interpreting their results. The programme followed closely the outline of the new Council of Europe's handbook "Eurofit for adults: Assessment of health-related fitness".

PARTICIPANTS

All CDDS member countries were invited to send a participant. As the course was part of the SPRINT programme participants from SPRINT countries were given preference. Due to the practical nature of the course a maximum limit of 30 participants was set. A total of 27 participants from 21 different countries participated in the course (20 SPRINT and 7 other experts). The Council of Europe bore the travel and course expenses and the Finnish Ministry of Education accommodation expenses for the SPRINT experts.

FACULTY

The teaching language for the course was English. The teaching staff included 4 members from the Eurofit Co-ordinating Group. The course director, Mr Pekka Oja, PhD; Mr Willem Van Mechelen, MD; Mr Bill Tuxworth, MS; and Ms Aniko Barabas, PhD. Two interpreters performed simultaneous translation into French for French speaking participants during lectures and practical sessions of the course. In addition, the course secretary and 11 other members of the research and technical staff of the UKK Institute assisted in practical sessions of the course.

EXPERIENCES

The interest for the course exceeded availability of places on the course. The criteria on the ration between SPRINT and other experts was met. However, due to last minute cancellations the number of participants was reduced by three.

The main purpose of the course was met. Feedback from staff and participants suggested that most participants experienced that the course provided important and necessary foundations and practical skills for organisation, administering, conducting, teaching and counselling Eurofit health-related fitness tests in their own countries.

The faculty including the interpreters worked successfully in theory and practice throughout the course. Most of the participants expressed their gratitude with the execution of the course programme. At the conclusion of the course participants were asked what they intend to do with the new test battery. Major part of responses fell under the following categories:

1. conduct population fitness testing and monitoring (8 responses);
2. train testers (7);
3. translate the handbook (6);
4. modify existing test battery according to Eurofit (5);
5. develop policy for the promotion of health-related physical activity and fitness (4);
6. create public awareness on health-related physical activity and fitness (4);
7. buy material from CDDS (2).

The participants were also asked to present short papers on the present status of health-related fitness assessment in their own country.

The overall interest for the course and the immediate participant response to it favours the organisation of a similar event in the future. The UKK Institute is prepared to host such a course in early October 1996.

Declaration on Sport, Tolerance and Fair Play

(Amsterdam, Netherlands, 11 April 1996)

adopted at the Round Table on Sport, Tolerance and Fair Play, organised by the Netherlands Ministry of Health, Welfare and Sport

We, participants at the Round Table on Sport, Tolerance, and Fair Play, meeting in Amsterdam on 11th April 1996,

Having in mind:

- the Vienna Declaration and the Plan of Action against racism, xenophobia, anti-Semitism and intolerance adopted by the Heads of State and Government of the Council of Europe in Vienna in October 1993;

- the Resolution on Tolerance and Sport adopted by the European Ministers responsible for Sport at their 8th Conference in Lisbon in May 1995;

- the European Sports Charter adopted by the European Ministers responsible for Sport at their 7th Conference in Rhodes in May 1992 and subsequently adopted by the Committee of Ministers of the Council of Europe as Recommendation No. R (92) 13,

declare as follows:

1. We are confident that sport offers a vast potential to society as a ground for intercultural encounters and understanding, as a workshop for socialisation and integration - not least for disadvantaged groups - and as a school for democracy. We fully agree in this respect with the Declaration on the Significance of Sport for Society adopted at the Lisbon Conference of Sport Ministers. Sport is a vital area of education, particularly for young people.

2. We also believe in sport's ability, notably through the intense media coverage which brings it to a broad and enthusiastic public, to project an image of fair play, team spirit and solidarity and to promote mutual understanding and respect. Major sporting events, at world and European level, with very large television audiences, provide a rich opportunity to bring home the message of tolerance. In addition, hundreds of thousands of smaller but no less important competitions for all ages, all levels and all sports are organised each year throughout Europe and the world. Each represents an opportunity for implementing new initiatives with regard to tolerance and fair play.

3. We emphasise the important responsibility borne by well-known teams and sports stars as role-models - especially for the young - and consider that it is very important that every individual and organisation involved in sport, whether governmental or non-governmental, amateur or professional, should combat intolerance and violence at sporting events by all appropriate means.

4. We welcome the very valuable work that has been done by individuals, by the sports movement, by governments and by European institutions concerning the universality of sport and the need to keep it free of discrimination in all its forms, and express our support for all those national and international sports organisations which have drawn up and implemented plans of action to promote tolerance and fair play in sport.

5. We regret the fact that some forms of sport have too often provided a pretext for outbreaks of intolerance and violence, sometimes racist or xenophobic in character, as well as for showing those tendencies, such as the incidence of foul play, lack of discipline, doping and corruption which are in contradiction with the fundamental values of sport and undermine its effectiveness as a positive influence in society.

6. We believe that the following are the most important ways of creating a climate of tolerance:

EDUCATION
Just as intolerance is born of ignorance and misunderstanding, tolerance is engendered by knowledge and understanding. It follows that everything begins amongst the young: at home, in classrooms, on playing fields and in sports clubs.

AWARENESS
No opportunity should be missed to ensure that all sporting events, and any media coverage associated with them, raise awareness of the message of tolerance.

PARTICIPATION
One of the most basic guarantees of fair play and tolerance is to ensure that as many people as possible practise sport regularly within a sound ethical framework.

INCENTIVES
Rewards for outstanding examples of fair and tolerant behaviour are one way of helping people to understand the importance of positive attitudes to the success of their sport as well as of harmony and justice in society.

SANCTIONS
In the last resort, dispositions must exist in law and in the rules of sport to sanction unacceptable discrimination and incitement to racial hatred by appropriate means.

COMMUNICATION

Most of these elements depend for their effectiveness on communication of clear and unambiguous information amongst all individuals and organisations concerned.

In this context, we recommend to all potential partners the guidelines set out in the Appendix to this Declaration.

With this in mind, we

1. encourage all countries to find ways, at national level:
    a. to ensure that sport plays its full role in campaigns to promote tolerance in society as a whole;
    b. to devise national plans of action on sport, tolerance and fair play using the guidelines in the Appendix to this Declaration;
    c. to consider organising joint sports projects with neighbouring countries and/or countries of origin of minority groups to promote tolerance and help dispel prejudice between different groups;
2. invite all governmental and non-governmental organisations to share their experience through exchanges of information concerning their efforts to promote tolerance and fair play;
3. invite all sports organisations which have not yet done so to adopt action plans on tolerance and fair play;
4. invite the media to give their support to the promotion of tolerance and fair play and to consider ways of giving more prominence to the subject, as well as to events and campaigns organised to promote it;
5. invite the organisers of forthcoming major international sports events to work out initiatives for promoting tolerance and fair play through these events;
6. invite sponsors of sporting events and sport organisations to include clauses in sponsorship agreements whereby the sponsored organisations or persons undertake to support the aims of tolerance and fair play to the best of their ability;
7. appeal to sports stars to use their influence to help promote tolerance and fair play;
8. invite the Council of Europe to give appropriate follow-up to this Declaration;
9. invite all national and international organisations, both governmental and non-governmental, which have influence in the domains of activity covered by this Declaration, including:
    a. The European Union (Parliament, Commission and Committee of the Regions)
    b. Unesco
    c. The International Olympic Committee
    d. National and international sports organisations

to bear the aims of this Declaration in mind in the conduct of their activities and, if they have not already done so, to take appropriate action.

Action plan for Bosnia and Herzegovina: "Rehabilitation through Sport" Fact Finding Mission

(Bosnia and Herzegovina, 10-17 June 1996)

Upon an initiative taken by the CDDS Bureau, a first meeting of the CDDS Planning Group for an Action Plan for Bosnia and Herzegovina - *Rehabilitation through Sport* -took place at Strasbourg on 16 January 1996. It was then decided to set up a task force of 2/3 persons for a fact finding mission in Bosnia and Herzegovina with the following tasks:

1. to examine

   a. the current situation
   b. the present needs
   c. areas to be emphasised (legislation, voluntary involvement, access to facilities, creation of awareness of role of sport for rehabilitation and integration, and of role and principles for "sport for all" in general, development of adapted "sport for all" activities)
   d. material needs, and

2. to make proposals regarding priorities.

The guiding principles of action are the following:

3. to give guidance on "how to help them help themselves"; it is for the disabled to build their programme (*self-confidence building measures*);

4. to ensure right kind of expertise (keeping in mind a multicultural, multi-disability, multi-level of performance approach), and

5. to aim at long term population involvement (not short term action).

Mr Stig Hedlund, Swedish Sports Confederation, was appointed by the Secretary General of the Council of Europe to lead the task force including two other experts: Mr Carl Wang, President of the European Paralympic Committee and Ms Renée Gautron, Administrator at the Sports Division of the Council of Europe.

The task force conducted its fact finding mission in Bosnia and Herzegovina during June 10-17, 1996. It was assisted by the Government of Bosnia and Herzegovina as well as of the Sports Federation of Bosnia and Herzegovina and the Bosnia-Herzegovina Disabled Sports Association. The Council of Europe Office in Sarajevo as well as the UNHCR office in Tuzla assisted the delegation in different ways. Logistics were prepared by the Swedish Embassy in Sarajevo. The Fact-finding Mission also benefited from the support given by the Board of the Swedish Riksidrottsförbundet and administration.

The programme of the Task force during the fact finding mission, being prepared in co-operation with Mr Emir Medanhodzic, General Secretary of the Sports Federation of Bosnia and Herzegovina, included visits to Sarajevo, Tuzla, Fojnica, Zenica, Bjeljina and Mostar in order to get as good contacts as possible with representatives of the different cultural population groups and in order to get in contact with various institutions for disabled at different levels.

Complete report available from the Sports Division, Council of Europe, F - 67075 Strasbourg Cedex.

The Promotion of Sport as a Democratic Movement

(Spała, Poland, 15-17 November 1996)

CONCLUSIONS

The participants at the SPRINT seminar on Sport in the development of Democracy held in Spała on 15 - 17 November 1996 (representatives of 17 CDDS countries, including 12 countries which are beneficiaries of the SPRINT Programme), having heard presentations by experts and having worked on different issues in workshops, adopted conclusions and recommendations for the CDDS.

1. General

   a. The SPRINT seminar on Sport in the development of Democracy was held in a sports centre in Spała, approximately 120 kilometres south of Warsaw. The place of this activity was well chosen because it was a perfect illustration of the subject the participants had to deal with.

   b. 12 SPRINT countries were represented by government officials, scientists and members of the non-governmental organisations. Experts from 5 other CDDS countries, Belgium[4], Finland, France, Greece and Spain also took part in its work.

   c. Due to the different backgrounds of the delegates all aspects of the sports movement and its role in the development of the democracy were discussed. Particular attention was given to the present situation in countries of Central and Eastern Europe and the different approaches to such problems as finance, sports clubs and the role of the State in supporting sport in different European countries.

   d. After the welcoming speeches by the Deputy Minister of Sport and Tourism of Poland, Mr Kempinski and Professor Grucza, the floor was given to the lecturers who spoke about the work of the Council of Europe and CDDS (Ms R Mattila), the development of sport as a democratic movement in Europe (Mr I Davis), SRONET (Prof R Grucza), European experiences in the field of sport (Mr A Remans) and Physical Culture in Poland (Mr R Wysoczanski).

   e. The work of the seminar was continued in nine workshops, where participants could share their experiences and opinions on different concrete subjects.

   f. The workshops showed that most experts of the Central and Eastern European countries were convinced that the State should play an important role in the development of sport together with local authorities and the non-governmental sector. Although the role of sports associations and private sector is of growing importance and should be developed even more, the financial and political support on the State level for the Sport for All is essential.

2. Conclusions of the seminar

   a. Participants reaffirmed the role played by Sport for All programmes in the development of democracy and underlined their support for the definition in the European Sport Charter on Sport for All on four levels: Foundation, Participation, Performance and Excellence.

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[4] Mr Remans was representing both Belgium and the Clearing House

b. European countries have common elements in the development of sport but there are also different aspects in Western and Central and Eastern Europe.

c. The principle features in Western Europe are:

  i. The Sports movement has had a continuous and coherent development during the last 100 years;
  ii. the role played by the voluntary sector;
  iii. the importance of the public sector has a tendency to decrease in most countries;
  iv. the commercial sector is becoming more and more important.

d. In Eastern and Central Europe the development of sport can be divided into three periods:

  i. pre-World War II development - similar to the rest of Europe[5];
  ii. post World War II development;
  iii. the period of transition to a democratic State.

e. Participants underlined the role of sport in shaping democracy and outlined the importance of:

  i. general and physical education in the promotion of sport;
  ii. continuity and co-operation of different sectors like:
    - sports federations and clubs,
    - local authorities;
  iii. factors that influence the development of sport like:
    - low motivation,
    - wrong motivation,
    - ageing population[6];
  iv. the role of the family in creating a healthy life style.

f. The role of women in sport is becoming more important. Important progress has been made in recent years with the aim to promote their participation in governing bodies in different sports structures but further progress should be done in order to achieve a real equality between men and women in sports movement.

g. The CDDS plays an important role in the development of sport in Europe, notably in dissemination and presentation of principles and positive experiences as well as the promotion of sport and healthy life style.

h. The participants expressed their concern about several other issues of common concern like curricula of physical education teachers and children in high performance sport.

3. Recommendations

a. The participants, believing that sport is an integral part of social life and plays an important role in democratic society, adopted the following recommendations for the attention of the CDDS:

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[5] With the exception of the Republics of the ex-USSR

[6] Delegates pointed out the interesting experience and success of Finland's Fit for Life programme

i. To reaffirm that Sport for All includes on equal basis both high performance sport and physical recreation, including four basic elements: foundation (physical education and fair play), participation, performance and excellence.

ii. To underline the importance of common action of all sectors of the society in the development of Sport for All: State, non-governmental organisations, local authorities, individuals, bearing in mind the political and social realities of different countries.

iii. To point out the importance for shaping democracy of such factors as:
   - (in physical education) teachers curricula,
   - to review education and training,
   - a wide range of sports and physical recreation.

iv. To accelerate progress in establishing a really equal opportunities for men and women in sport by eliminating the existing barriers, eg. not granting public financial support to those organisations that do not respect this principle of equal opportunities.

v. To congratulate the CDDS for its work, notably for its efforts aimed at disseminating and promoting the development of sport and its role as the co-ordinator of co-operation of between countries and its action aimed at states, non-governmental organisations and individuals.

vi. To stress the importance of such issues as adapted sport, education and training of professionals and volunteers, and young children in high performance sport.

vii. To draw the attention of the CDDS to Finland's Fit for Life programme as an example of action aimed at all members of society.

Action Plan for Bosnia and Herzegovina: "Rehabilitation through Sport"

During 1997 two events were organised in Bosnia and Herzegovina by the Project Director, Ms Andrea Scherney, assisted by various European experts in different disabled sports and officials from local organisations for the disabled in Bosnia and Herzegovina.

Second Seminar "Rehabilitation through Sport,

(Zenica, Bosnia and Herzegovina, 10-13 April 1997)

The Seminar was designed to provide both information and practical training on sport for the disabled in the following disciplines, athletics, sitting volleyball and wheelchair basketball. The programme took place over three days, and included both lectures and practice sessions with professional trainers.

The thirty participants, from seven different areas of Bosnia and Herzegovina, included both young disabled and able bodied. Many of the group were already working as coaches, trainers and/or in an administrative capacity in clubs throughout Bosnia and Herzegovina.

A programme of lectures covered such matters as the possibilities offered by work in clubs for the disabled, ways of establishing connections with international sports associations and international disabled sports organisations and the current importance of promoting the concerns of disabled children and youth in Bosnian society.

The programme appeared to be of value to the participants. It was, however, thought that the participants would benefit from a further Seminar if it was possible to hold one.

Seminar on Sport, Physical Activities and Health

(Antalya, Turkey, 2-4 October 1997)

The participants of the Seminar adopted the following conclusions and recommendations to the CDDS:

1. Reliable research evidence shows that physical activity has a great potential to improve public health status. International consensus supports the promotion of activity of at least moderate intensity for at least half an hour a day. Activities may include leisure time activities such as walking, cycling and climbing stairs, as well as participation in a range of sports or exercises.

   Policies should be developed at national level that give the avoidance of sedentary lifestyles a high status, at least equivalent to the attention paid to smoking or other life style factors detrimental to health.

   Policies should be developed in conjunction with all relevant ministries, such as Sport, Health, Education, Transport and Environment.

2. Although it is recognised that participation in sports and physical activity is associated with a risk of sustaining injury, this risk is, in general, low, being at a lower level than accidents at home or traffic accidents. The risk associated with moderate intensity, non-contact activities such as walking is negligible.

   Member states should not be discouraged from promoting physical activity amongst their populations through concern for possible accidents and injuries.

3. EUROFIT for Adults has been designed for the assessment of health-related fitness and physical activity among adults. This complements the existing tests for children.

   Member states should implement or encourage the implementation of the EUROFIT Tests to monitor physical fitness and activity status at the level of a population and/or individuals and as a tool for health promotion (see Recommendation No (87) 9 on the Eurofit Tests of Physical Fitness)

4. National promotional programmes and campaigns can play a valuable role in promoting healthy participation in physical activity across whole populations.

   Promotional programmes should be initiated which aim to harness the support of a wide range of professionals as well as aiming to motivate the public.

5. CDDS member countries are invited

   a. *to follow up the Recommendations of the Committee of Ministers No R (95) 16 on "Young people and Sport" and No R (95) 17 on "The Significance of Sport for Society"* and the CDDS is invited

b. *to hold a seminar specifically to follow up the experiences regarding the use of EUROFIT for children and adults.*

Seminar on the Contribution of Sport to a Stronger Democratic Society
(Lisbon, Portugal, 24-26 October 1997)

CONCLUSIONS AND OBSERVATIONS

1. The structures of a democratic sports system

The role of the State

a. Participants concluded that well drafted sports legislation is the foundation for developing a democratic sports system and sport for all.

b. Attention was drawn to three important points:

the effect of globalisation which recognises that sports must be managed with more concern for global development and in a new global environment;

the possible need for State intervention in a democratic sports system in situations when:

i. either minority interest groups with political influence are ignoring the rights of majority groups or when unprotected minorities are disregarded or prevented from taking part in developing a sports system;
ii. civil society has not become involved in the area of voluntary sport;
iii. public money is not being used in the correct fashion;
iv. dignity and national prestige are not being respected.

the issue of empowerment which acknowledges that people must be at the centre in any decision-making process. They need to be prepared for responsibility, which is part of the preparation for democratic citizenship, particularly among the young.

The role of the local authorities

a. It was stressed that at this level people can influence decisions in all areas including sport. For example, citizens should work to ensure that sports facilities are included in plans for urban development (often in the hands of local authorities) because this can be an important element in determining the quality of life. Such facilities, by bringing people together, can promote social cohesion and integration. Attention was drawn to the chapter on sport in the Council of Europe's European Urban Charter.

b. It was important to have data which allowed all the sectors of the local population to be identified, because only then can their needs be realised and sports programmes designed to meet the specific needs of the population.

c. There is a good case for suggesting that the management of local sports facilities should be under the responsibility of the local population, perhaps with an elected governing board.

The Voluntary Sector

a. The voluntary sports sector, it was stressed, plays a very valuable role by working for social integration and cohesion. A local sports club in a village, town or suburb can play an important part in uniting a community and involving everyone, not just those who play a particular sport.

b. Reference was made to the factors militating against the formation of voluntary sport clubs:

   i. no energy: there are still a number of people, e.g. small farmers, whose working day is very long and involves a lot of strenuous exercise;
   ii. no time: people may have to do two jobs to earn an adequate salary;
   iii. no facilities: it can be difficult to start a sports club without a central point of focus such as a sports amenity;
   iv. no money: most sports demand some equipment and a team sport always involves expense.

c. However, the voluntary sports movement is an important part of civil society, which in itself acts as a bulwark for a democratic society. Governments should, therefore, be encouraged to help with grants towards the setting up of a voluntary sports clubs where they were not already doing so.

d. There are some areas, e.g. self-help groups, where the voluntary sector functions well in almost all countries. Reasons should be sought for this and comparisons made between the various areas.

e. Two of the most pressing needs in this sector were firstly the need for information on the voluntary sports movement, especially in countries where such a movement had never existed or had been newly re-created and secondly continual emphasis on the fact that it does not take many people to make a start, form a club etc. - two can be a beginning. Money is secondary if people have the determination and will to succeed.

2 The Actors in a democratic sports system.

A series of four workshops looked at the various difficulties certain groups of people may face in the area of sport.

Sport and Children and the Responsibilities of Trainers

It was agreed that:

a. children have a **right** to sport, but the element of play and possibility for relaxation in sport should be kept to the fore;

b. children should be free to choose their own sport, their degree of involvement and even organise themselves which it has been proved they can do if given the possibility. There is the need to listen to children, establish a real dialogue;

c. children should play a vital part in the clubs in which they are involved. In club structures where children and young people find that their wishes are taken into account, that they have real responsibility and share in the decision-making there is more ready and long-term participation. Besides affording an apprenticeship for life in a democratic society it has to be remembered that passivity (non-involvement) can provide a seed bed for totalitarianism;

d. although children should be given the power of choice they need parental support. Families and trainers should play a stronger role in the democratic process by, for example, showing respect for the decisions of young people;

e. trainers should be educated to a uniformly high standard - it was thought that often young school children did not have trainers that were as well qualified as other groups. The training should not only include inculcating an awareness of their responsibilities as educators but also include methods in which they can demonstrate democracy in a learning situation;

f. throughout Europe there is widespread social and economic change which has affected the structural models of childhood and adolescence, with which society has worked in the past. Countries need to examine the social concept of childhood dominant in their countries and plan sports programmes which take into account the reality.

Sport and Women

The participants:

a. noted that, throughout Europe, there were few women in positions of leadership in sport and the effect of this;

b. identified the barriers to women, both in active sport and in administration. These barriers included such factors as:

   i. the continuing influence of the idea of traditional distinctive roles for men and women;
   ii. the cultural overload that many women face, which leaves them with little time or freedom. It was thought that in a society which was serious about the participation of women in sport the provision of such facilities as crèches for young children near sports facilities, should be prioritised;

c. examined the two classic solutions to the under representation of women, which may be used singly or in combination. These are:

   i. evolution - as more women are involved in sport and sports administration there will be a movement upwards and more positive action;
   ii. the use of affirmative measures, such as quotas in committees.

   When deciding on the methods to be employed it would be useful to look at the area of equality in general to see which methods had achieved the best results;

d. considered that the objective of any action is to give women the possibility of choice and allow ambitious gifted sports women the same opportunities in sport as men enjoy.

The people with disabilities

The participants:

a. noted that there was a pan European move designed towards bringing the people with disabilities out of institutions and including them in the wider community. The movement insisting on equal rights for the people with disabilities had gathered momentum in recent years. One important factor had been the large number of young people disabled by war in certain European states. It should be noted that for this group of disabled sport became a priority from the outset;

b. realised the advantages that sport can offer the people with disabilities, while insisting that they must be given the same independence and power of choice in the area of sport which is enjoyed by the rest of society. The people with disabilities, it was stressed, must be able to express their views and make their wishes known;

c. maintained that society must learn to appreciate the position of the people with disabilities, to take into account the skills implicit in many forms of disabled sport and realise their needs when planning sports facilities;

d. questioned the need for the existence of different federations for the two different versions of the same sport. It was thought that where there two federations the possibility of integration might be examined.

Ethnic minorities and migrants

It was noted that:

a. ethnic minorities can enrich the sports culture of any specific country both by introducing new sports or providing fresh enthusiasm and interest in sports that are not widely practised;

b. in the past sport has been an area which has allowed migrants to integrate rapidly into the receiving society. Often individual migrants have gained prestige and power because of their sporting prowess and this success has been both a source of pride to the migrant community and an encouragement to young migrants;

c initial sports programmes for migrants stand a greater chance of success if they go into the areas where the migrants live and are geared to facilities found in these areas.

Links with Second Summit

The participants at the Seminar noted the strong links between their conclusions and observations and parts of the Final Declaration and Action Plan of the Second Summit. The Declaration draws attention to the role sport can play in promoting social integration, particularly among young people. However a number of areas where sport can also play an important role as set out in the Final Declaration were identified.

As demonstrated in the past by the CDDS and reiterated by the participants at this Seminar the sports area:

a. has an important part to play in the fight against racism and intolerance, thereby helping to strengthen pluralist democracy;

b. is becoming increasingly aware of the need to achieve equality of opportunity between women and men, (girls and boys,) in the area of sport and considering measures to achieve this democratic goal;

c. has evolved strategies using sport to help with the integration of migrant workers in the societies where they live and thereby enhance social cohesion;

d. is increasingly conscious of the need to protect children in the world of sport as elsewhere;

e. can help at the local, regional and national level to improve the quality of life in disadvantaged areas.

In the Action Plan the CDDS should:

a. should draw attention to any areas in sport where children may be exploited and suggest measures ensuring protection;

b. explain the important role of sport in the education for democratic citizenship;

c. should explore and exploit the potential for sports information afforded by the new international technologies, such as INTERNET.

Recommendations to the CDDS

The participants, considering the contribution which sport can make to a stronger democratic society, would wish to recommend that the CDDS:

a. consider setting up a group to examine problems children – girls and boys - may encounter in sport. The topics discussed should also include the roles and responsibilities of trainers;

b. suggest that the national ambassadors for Sport, Tolerance and Fair-Play be encouraged to consider the difficulties that women and girls face in sport.

c. invite national ambassadors for Sport, Tolerance and Fair-Play also to look into the problems confronting people with disabilities, ethnic minorities and migrants;

d. be responsible for a compendium of sports laws in Europe, together with annual statements on progress;

e. organise seminars to exchange information on the effectiveness of sports laws in Europe, possibly every two years.

2nd Round Table on Sport, Tolerance and Fair Play

(Lisbon, Portugal, 20 November 1998)

Final Statement

We, the participants at the 2nd Round Table on Sport, Tolerance and Fair-Play, held at Lisbon on 20 November 1998,

Recalling

1. the Declaration adopted at the first Round Table, held in Amsterdam on 11 April 1996,
2. the Declaration adopted at the Second Summit of the Council of Europe in Strasbourg on 10 October 1997, in which the Heads of State and Governments of the 40 member States recognised the "role of sport in promoting social integration, particularly among young people",

3. that at their 15th Informal Meeting at Nicosia on 14-15 May 1998, the Sports Ministers unanimously endorsed the role of sport in promoting social cohesion,

Conscious of the work on tolerance of the United Nations, UNESCO and the Council of Europe,

Having taken note of the several national and European initiatives, including the European Union's Year Against Racism in 1997, to promote fair play, tolerance and social cohesion taken since the Amsterdam Round Table, together with the positive results which are emerging from the interim reports on these projects, as seen from the report submitted by the Clearing House,

Respecting the fair play campaigns and initiatives taken by the national and international Olympic organisations, based on the fundamental principles of the Olympic Charter, by UEFA in the European Football Championships and by the FIFA in the World Cup, certain regrettable incidents during the latter event in 1998 having reinforced in the minds of sports leaders, policy makers and educationalists the continuing need for programmes to promote tolerance and fair play amongst both spectators and players,

Welcoming the role of ENGSO in encouraging its national member sports organisations to make tolerance and fair play campaigns part of their habitual work, and taking note of the results of the Seminar on Sport against Racism (Stockholm, December 1997),

Viewing with pleasure the appointment by many member countries of the CDDS of National Ambassadors for Sport, Tolerance and Fair Play, and expressing thanks to these ambassadors for the many practical suggestions and proposals they have made for promoting fair play and tolerance in and through sport (see Appendix I),

Acknowledging the work of the European Fair Play Movement, its member organisations and the value of its databank (see Appendix II),

Bearing in mind that the Committee for the Development of Sport might wish to ask the Ministers' Deputies of the Council of Europe to submit to the special 50th anniversary meeting of the Committee of Ministers a report on sport and social cohesion,

Agreeing that while the goal of social cohesion is one of paramount importance, the work on tolerance and fair play throughout Europe must continue and intensify by means of exchanging information, facilitating, negotiating on the European level and the dissemination of knowledge in this area,

Affirming, in this respect, the indisputable link which exists between tolerance and social cohesion, as tolerance is a "sine qua non" and a necessary seed bed for social cohesion, so that minority groups are offered acceptance,

Stressing that the shared interests and values generated through sports participation are important factors in moving towards social integration, by teaching social skills and the abilities necessary in other areas of life besides sport, thus opening the way to active democratic citizenship;

Reaffirming the potential of sport to bring together all kinds of people and thus to act as a way of encouraging tolerance and understanding between different groups of people;

Recognising, however, that sport alone cannot solve all the problems of society in the fields of social exclusion and human dignity, nor prove a cure for the forms in which those problems may be expressed including intolerant behaviour, and hooliganism;

Considering that appropriately targeted sponsorship can also play a role in promoting sport, tolerance and fair play;

Requesting policy makers at all levels - national, regional and local - to consider this potential more carefully when making plans for strengthening tolerance, social integration and cohesion in their countries and localities;

Suggest that such policies and plans should be based on the following strategies and seven point plan:

1. Identifying the aims and improving tolerance by
    a. continually keeping in mind the many links between social exclusion and intolerant behaviour;
    b. stressing the potential and outreach possibilities of sport as a way of improving self-respect and creating those sentiments of self worth and belonging, which may militate against intolerant behaviour;
    c. exploring the possibilities inherent in sport to counter social exclusion amongst children and young people and to avert anti-social behaviour, including expressions of intolerance;
2. Carrying out appropriate policies and
    a. giving priority to sports projects which promote the integration of children and young people, especially those who find themselves confronted by economic, social and cultural differences, for example, migrant children and those from different social and cultural backgrounds;
    b. developing specific activities for those who are excluded because of age or disability or for other identifiable reasons.
3. Dismantling the barriers by
    a. developing all activities and initiatives which are liable to effectively combat the negative practices found in contemporary sport (doping, violence, discrimination of all

types) so that in all cases the search to perform well will be linked with respect for human dignity, tolerance and fair play;

b. envisioning and developing sports policies which are tools to fight all forms of exclusion (economic, social, cultural, disability, etc.) and which recognise equality between women and men.

4. Advertising the opportunities by

a. discovering ways to ensure that voluntary workers in the field of social exclusion and those running programmes to combat intolerance are encouraged to familiarise themselves with the possibilities offered by and through sport, particularly specific local sports programmes;

b. making known and developing the employment possibilities offered through sport and recreation, whether on a full-time or part-time basis, which will promote integration into working life, still seen as the main touchstone in the general sense of integration;

c. developing educational programmes to help create positive perceptions of sport for those who may feel that sport is yet another of the opportunities reserved for those who already "have".

5. Beginning at the grass roots by

a. encouraging all types of local schemes directed towards sport, tolerance, fair play and thus social cohesion and promoting co-operation between the various providers, both in the public, voluntary and private sectors;

b. making local sports facilities more welcoming and more attractive for casual and ad hoc participants;

c. encouraging different groups to be involved in planning and organising their own activities;

d. stimulating the sports organisations and local clubs to make yet further efforts to develop activities which are socially inclusive, and to seek out leaders or representatives from among those who are excluded to work together in various pilot schemes;

e. reserving an appropriate place in school programmes, for sport as a way of promoting tolerance and fair play.

6. Using the information by

a. exploiting the data contained in the publications of the Clearing House on "Valuable Initiatives in the Field of Tolerance and Fair Play" and the databank of the European Fair Play Movement, both of which contains many examples of good practice;

b. promoting initiatives such as the national campaigns "Fair Play, Different Colours, One Game", "Starting the wave", "Fair Play 2000", "A Podium for All" and "Fair Comes First" as a means of intercultural exchange and dialogue;

c. preparing national contributions for the "Testament on Tolerance 2000" which will set out in written or visual form the effectiveness of the programmes which have been undertaken to foster sport, tolerance, social cohesion and fair play, to be presented to the 3rd Round Table;

d. finding ways and financial means for the practice of fair play and tolerance, in the context of initiatives which cross borders.

7. Following up these initiatives

   a. at the 9th Conference of European Ministers responsible for Sport, due to be held in Bratislava in Spring 2000;

   b. at the 3rd and final Round Table on Sport, Tolerance and Fair Play, which the Cyprus Sports Organisation has kindly offered to host.

Sport in Areas of Special Need

(Glasgow, United Kingdom, 1980)

At the Second Conference of European Ministers responsible for Sport, held at London in 1978, the ministers decided that one of the themes for their third conference should be "The importance of sport for social groups suffering from deprivation and urban stress".

In order to prepare the Ministers' discussions, and as part of the Council of Europe's Campaign for Urban Renaissance, the Scottish Sports Council offered to organise, on behalf of the CDDS, a Seminar on 'Sport in Areas of Special Need'. The seminar defined areas of special need (deprivation) as zones where factors such as poor housing, unemployment, and the incidence of ethnic minorities were much higher than the national average and with unusual age and family structures. These zones may be quite large, or comparatively small, areas in the centre or in the suburbs of many cities in Europe. The seminar recommends to the CDDS:

IN THE DEVELOPMENT OF POLICIES AT NATIONAL LEVEL

1. That in pursuance of the European Sport for All Charter, accepted by all governments of the member states, the provision of sport and recreation opportunities must be given priority attention as an essential component, together with other services, of comprehensive urban regeneration schemes. This is because sport can be a major element in the development of community pride and the spirit of self-help, essential ingredients in themselves of any urban regeneration, especially as expressed through membership of and action in a voluntary organisation. Additionally, participation in sport improves the quality of life of the individual, and a healthy sports life also contributes to the quality of life of the community as a whole. The inhabitants of areas of multiple deprivation must be given the right to the same quality of life as other citizens enjoy, if need be, by channelling special resources to these areas. Sport, however, will not by itself solve all urban problems.

2. That governments have a responsibility to create the atmosphere and to promote actively those flexible financial and administrative conditions which will allow and encourage municipalities to adopt such co-ordinated, comprehensive policies which stimulate sport and physical recreation, and to ensure that municipalities take advantage of these conditions.

3. That the planning and provision for sport and recreation in areas of special need should be part of a comprehensive, unified policy at national level, and of integrated programmes and plans at local level for these areas, embracing social, economic, educational and environmental aspects. This policy is likely to be a long-term one and should include a statement on the desirable minimum level of sports.

4. That central governments should ensure that:

    a. the appropriate authorities at central, regional and local levels co-ordinate their policies and programmes, including the possibility of setting up, in extreme cases, special *ad-hoc* machinery;

    b. the central specialist sport and recreation agencies, whether governmental or non-governmental, are associated with these policies, in order to offer guidance and advice; and

    c. the programmes should include proper consultation of and participation by the people involved in the development of an appropriate plan.

5. That, as low mobility is a characteristic of these areas, facilities must be easily accessible local ones, where a feeling of community identity can be established. As at the Madrid Seminar, on "Sport and Local Authorities", the seminar recommends "planning therefore require a specific plan for that area, related to the overall plan of the city. A "ghetto" mentality can be avoided if the inhabitants also have opportunities to go outside their area and by encouraging outsiders to come in - for example, by building in the area some facilities designed to serve the city and/or region and which the local inhabitants can also use.

6. That in the training of teachers and recreation managers, attention is paid to the special difficulties they may face in encouraging participation in sport and physical recreation; there is also a need for special training courses to be established for voluntary sport and recreation leaders.

IN THE IMPLEMENTATION OF PLANS AND PROGRAMMES AT LOCAL LEVEL

1. a. That local authorities obtain the confidence and support of the inhabitants for the plan;

   b. That they base this plan, in the first stage at least, on the kinds of activities of which the inhabitants have some experience, and in which they are likely to participate and use these activities to build up self-confidence and to initiate them to new experiences.

2. That local authorities support and encourage the growth of voluntary organisations (clubs, churches, sports clubs, youth organisations, community associations, etc.) by giving them special recognition of their important role in these areas (for example, by helping them refurbish and extend their facilities and club-houses).

3. With regard to sport and recreation facilities, local authorities should avoid wasting resources by using the following methods:

   a. making full and inventive use of the existing public facilities (e.g., schools, parks and green spaces);

   b. ensuring that ground space is made available for informal, self-managed recreation (for example, rebound surfaces on adapted walls, car-parks in the evenings);

   c. building robust and attractive facilities, to an appropriate level, catering for a wide range of indoor and outdoor activities for all ages and both sexes so that, when completed, these facilities would be similar to the number and range to be found in similar sized 'normal' communities;

   d.. encouraging the commercial sector to play its part and to enter into partnership agreements with the public authorities;

   e. taking into account the total costs (capital, debt and especially operational) of different kinds of facilities and thus seriously considering, especially where land is expensive, the advantages of laying down a number of all-weather artificial surfaces, which can have a very intensive use;

   f.. exploiting all opportunities to reclaim vacant and unused land both for green spaces and for facilities development purposes.

5. Local authorities should provide public transport opportunities for the inhabitants to take part in outdoor physical activities such as mountaineering, aquatic sports, etc. Such transport may also be needed for ordinary sport and recreation until such time as local facilities are operational.

6. They should ensure that these programmes are adequately monitored and adapted where necessary, accepting the right to experiment and thus acknowledging the possibility of short-term failure.

GENERAL

1. That governments have a responsibility to encourage relevant research into sport and physical recreation in areas of special need and from that research to inform and to stimulate its departments and agencies, municipalities, sports federations and the commercial sector to provide for co-ordinated sport and physical recreation.

2. That in areas of special need, special management techniques should be adopted to ensure provision meets the needs of the community and that the various opportunities are communicated effectively to the community. This communication will include promotional campaigns through the local media and publicity directed towards groups such as the unemployed, the elderly and women. In addition we suggest the adoption of a pricing policy to promote participation which takes account of the socio-economic status of residents in the area. Standard administrative practices should be applied flexibly.

3. That finance is made available on a long-term basis for the appointment of animators who will help establish a voluntary sector or encourage that which already exists in areas of special need. Once a voluntary sector has been firmly established the role of the professional agencies is not to interfere directly with that voluntary sector but to provide a discreet supporting service. This service may include the provision of subsidies, equipment, advice and administrative assistance.

4. Voluntary effort is one way to provide status and personal satisfaction for those who participate in addition to making fuller use of limited financial resources. We suggest that this voluntary effort can be harnessed through local sports clubs and on a wider basis through local sports councils.

5. Sport and physical recreation has always depended on the efforts of the voluntary sector. In areas of special need it is particularly important, therefore, for the voluntary sector to be established and encouraged to provide a firm basis in partnership with the municipality for future development.

6. That government unemployment schemes be more widely used as a means of reducing unemployment in areas of special need, countering its effects, and of developing sport and recreation unemployment schemes for such purposes that already exist and should be expanded.

   They include:

   a. Belgium: 'Toss 80' and 'de Gangmaker'.
   b. Ireland: Youth Employment Scheme, and Community Youth Training Programme.
   c. Netherlands: Development Teams (not specifically an unemployment scheme).
   d. United Kingdom: Enterprise Ulster. Glasgow Pilot Scheme for Young Unemployed. Use of professional sport clubs facilities by the local community.

7. The seminar also recommends to the CDDS that an account of this seminar should be presented to one of the meetings planned in the course of the Council of Europe Campaign for Urban Renaissance, and that the seminar's final report be submitted to all national committees for the campaign.

Access to nature

1. In inland water areas. (Wilheminaoord, 1980).

The conclusions of this seminar were adopted as Recommendation R (81) 8 of the Committee of Ministers.

2. In mountain regions. (Mountdauphin, 1982).

The conclusions of this seminar are very similar in many respects to those adopted at Wilheminaoord and are not reproduced here.

"Guidelines for national sports organisations in the conclusion of sports sponsorship agreements" *(1983)*

(European Sports Sponsorship Code)

INTRODUCTION AND EXPLANATORY MEMORANDUM

1. These guidelines are designed to provide a common basis on which sport sponsorship agreements may be undertaken for the benefit of the partners while safeguarding the best interests of the public, sportsmen and women and of sport. They have been prepared at the request of the European Ministers responsible for Sport and it is hoped that they will prove most useful at national level.

2. The detailed application of these guidelines will vary in the states signatory to the European Cultural Convention of the Council of Europe as there are differences in the social framework and the organisation of sport, and thus of the context within which sponsorship takes place.

The structure, aims and objectives of the partners in sponsorship arrangements and the contribution which each of the partners may make will vary, as will the nature of sponsorship and the contribution which it can make to the general development of sport in each country.

Up until recently, sponsorship tended to be confined to either top-level events or mass-spectator sports. This is no longer the case, as sponsorship is becoming more frequent at all levels and types of sport.

These guidelines attempt to do no more than to identify the common principles which are considered to be fundamental to successful agreements. They are very largely based on existing national rules. They are complementary to the rules of the international sports federations and are not intended to apply to events organised by them. Nor are they designed to cover all the eventualities which arise in professional sport.

Social framework

1. The social climate in which sport is practised, and in which sponsorship arrangements will be agreed, varies from country to country. Attitudes towards the funding of sport by sport itself, by central and local government through the provision of public funds, through industry and commerce or through the commercial development of sport and the proportion between them vary.

   The common factor in member states is that sport and recreation are regarded as physical activities organised freely by those who take part in them, and which government has a duty to encourage and the responsibility to ensure that adequate possibilities to participate exist.

   Sport is controlled by those who participate in it and not by central or local government officials or by other external forces. Against this common background, governments differ in their provision of funds, and thus the degree to which sport may be dependent on outside resources. Furthermore, governments differ in the extent to which they intervene in activities which might affect sponsorship. For example, their attitudes towards the advertising of drugs, alcoholic drinks and tobacco, reflect important aesthetic and social considerations which may be expressed in laws or through other forms of government influence. These in turn will affect television exposure of events, and by implication, sponsorship arrangements.

2. Governing bodies of sport recognise that they must act within the laws of their country. Within each country there is a foundation of law which determines governing bodies of sport. The nature of the allegiance which sports participants offer to the governing bodies needs to be understood. The constitutional role of the governing body in representation, and in providing a service to its affiliated clubs is of fundamental importance and governing bodies may feel that the quality of that service may be enhanced by sponsorship arrangements.

3. The organisation and structures of governing bodies of sport vary considerably. In some cases participants are directly affiliated to a national governing body with no local or regional structures; in others, there is a hierarchy of national, regional, country and club organisations. In some, the governing bodies at local or regional level are virtually autonomous organisations linked only tenuously through. the rules of competition with their national organisations. The extent to which a "national governing body" has direct control over the activities of its members thus varies considerably.

Organisations concerned with sponsorship

1. Sponsorship arrangements depend for their success on the contributions which a number of people, organisations or groups of organisations can make. There are four identifiable groups involved, two directly, two more indirectly:

   a. sportsmen and women, either as individuals or as represented by their clubs or governing bodies of sport;

   b. the commerce or industry producing the sponsorship;

   c. broadcasting and the press, providing the media coverage through which it is often hoped that the sponsorship becomes widely known;

   d. governments which are concerned with the framework of the society in which sponsorship takes place.

So, while formal agreements are usually between governing bodies of sport or clubs and industry or commerce, the parties to such agreements need to recognise the important, indeed vital, contribution which both the participants on the one hand, and the mass media, in particular television, on the other, may make to the success of the venture within the environment which governments provide.

2. Sports participants

The participants are in many senses the most important partners in that it is their performance and the association with them that is the subject of the sponsorship. Whether they are amateur in the sense that they participate without monetary reward, or professional in the sense that they earn their living from the activity, the principle is the same though the consequences will be different. In both cases the organisation of the sport will to a greater or lesser degree be the product of the governing body of that sport. In the case of the "amateur" any financial benefit will be subject to the governing body's rules relating to the source and the application of funds. In the case of the professional the detailed disbursement will depend upon the contractual arrangements with the governing body. An important factor to be taken into account is the young age, lack of financial knowledge and the short period during which the majority of participants are at the peak of their sports ability. This factor could provide opportunities for exploitation which must be avoided. Governing bodies must offer the best conditions for their members as well as ensuring that they are protected from exploitation.

3. Sports clubs

As the smallest units of organisations, clubs represent their members within a local community and within the governing body. The level of administrative skills reflects the degree of local interest in this aspect of sport. The degree of stability will vary from one sport to another and from one locality to another; it will nearly always be heavily dependent on a small group of enthusiastic people, often unpaid.

4. Governing bodies

Sponsorship may be of interest to sports organisations in order to further their own aims to increase or improve the quantity or quality of participation or competition and to develop their sport in specific areas. The governing bodies, however defined in particular cases, will be concerned with the general development of the sport in their areas of jurisdiction and in representing their members, whether as participants, coaches, officials or administrators. Some governing bodies will have a long tradition of interest in sponsorship; others manage without it altogether. They will be guided by the rules of the international body governing their sport, in particular in relation to the advertising element involving sportsmen. The extent of their involvement will depend upon the competence with which they recognise the sponsorship potential of their sport, the degree of sensitivity which they display towards the interest of participants, industry and the communications media and the skill with which they conduct their affairs in this field. The successful governing body, in its association with a sponsor, will reflect a thorough understanding of the nature of sponsorship, be it through an international, national or local business, an industry concerned with sport or not, and of the quality of what is given and received. It will represent and safeguard the best interests of its members and be concerned with using sponsorship to develop its sport.

5. Industry and commerce

Sponsorship is undertaken by industry for a variety of reasons but all have a common purpose - to further the aims of the company. The sponsor, in concluding an agreement with sports participants or organisations will be looking for one or more type of benefits:

a. the long term effects which accrue from an association of the company with an activity designed to enhance the company's image and name and generate good will;

b. the advertising effect of the company's name appearing with frequency and regularity before the public;

c. the sales promotion effect in which the sales of a particular product are enhanced;

d. a short-term association for pure publicity or advertising purposes (eg an advertisement at a single competition).

Long-term sponsorship agreements may reflect all of the first three elements or emphasise one or another. Recognising the value of links with specific sports, industry can gain from those links and can contribute to the development of the sport concerned. The company will benefit most where it competently assesses the value to itself and to the governing body of the sponsorship relationship and skilfully translates those benefits into a precise agreement. When considering an association with a sport, sponsors need to recognise their role in the long term growth of the sport. A vast amount of voluntary and professional effort will have frequently combined to produce the existing pattern of participation. The impact of sponsorship on the sportsmen, officials and coaches should be taken into account and their enjoyment should be enhanced.

Industry and commerce recognise that they have an important role in their communities, as producers of wealth and employers of people and as organisations which have an influence on their local environment. At the same time as benefiting from a close relationship with sport, enlightened industrialists will recognise that the community in a wider sense could benefit from their sponsorship of sport even when the company's name is not directly linked with activities which they may directly influence. Contributing to a general fund which helps sportsmen and women in ways in which the industry does not have a direct sponsorship agreement will not only benefit the sporting community but also confirm the industry's more general social aims.

6. Television, radio and press

Top-level sponsorship is largely dependent on "media" coverage and is often felt to be at its most valuable where television is involved. It is important that the *de facto* tripartite relationship between sport, the sponsor and the media (particularly television) is recognised. Without the sport there will be no major events and the success of events will often depend on sponsorship and television. Television neither can nor should produce sufficient funds to pay for major events in their entirety. Although television is the principal medium of communication sought by sponsors, for many events local, regional and national radio and newspapers provide an important means by which activities in sport and their associated sponsors become known. Sponsorship confronts television organisations with a dilemma which must be recognised as such by the partners. All of them have rules on the transmission of publicity material, usually limiting it to a minimum, sometimes forbidding it altogether. Such rules are not always consistently followed. However, attempts to exploit the legitimate rewards of a sponsorship agreement by improper or excessive advertising will not help the search for amicable solutions. Nor must it be forgotten that the mass media retain their editorial independence at all means by which attractive sport is available to the public via the press, radio and television. If it is to reach the public at all, the "advertising" aspects much be kept to a level which does not distract the viewer, listener or reader from the enjoyment of the event, and be within the legal and social framework of the country concerned.

In this context, it is interesting to note that the Nordic television organisations are discussing proposals to introduce national regulations on the transmission of advertising material similar to the EBU's "Principles on advertising at venues for internationally televised sports events".

7. Governments

Governments have differing views on the extent to which they wish to be involved in the detailed arrangements which affect sponsorship. They have however a common concern to provide a satisfactory environment within which sponsorship takes place. Thus, in Resolution (76) 41 ("The Sport for All Charter") the Committee of Ministers of the Council of Europe, stated in Article V, its determination, in co-operation with the sports organisations, to find "measures to safeguard sport and sportsmen from exploitation for ... commercial or financial gain". In some cases governments are directly involved in the control of advertising, in others they have a less intrusive influence. Governments affect sponsorship through their control over public funding, by laws and also by direct statements of policies or by influence. For example a government, seeing that extra funds for sport are available from industry and commerce, may feel that such funding is more or less desirable and preferable to that from the public purse and may decrease or increase its provision accordingly. It may forbid advertising altogether at public sports grounds, or it might tax advertising at sports events.[7]

Sport and industry partnerships

1. The sports organisation can expect the sponsor to evaluate a series of proposals and discuss and conclude a detailed agreement with the sports organisation concerned. Successful agreements will recognise the mutually advantageous nature of the arrangements and will be concerned with the best interests of the partners and sports participants. The sponsors will make resources available not only in terms of cash or goods but also in the nature of professional services, presentation, marketing and advertising skills which will help the governing body. In particular the sponsor will provide expertise to assist in the success of the venture where such expertise is not available within the governing body. There will often be an agreed budget jointly administered by the sponsor and the sport or an agreement to underwrite a loss. The sponsor will confine his interests to the event or to the activities which are the subject of the agreement and will not seek to be involved with the affairs of the governing body beyond those defined in the agreement.

2. The sports organisation will evaluate the consequences of recognising the nature of the association of the sport with the prime product (or service) of the sponsor and consider the implications of endorsing that product. After concluding an agreement which it considers to be beneficial, the sports organisation will enthusiastically pursue the aims of the agreement and seek to secure the success of the venture in every legitimate way. It will provide the competition and organisation with which the sponsor wishes to be associated in accordance with the agreement between the parties. In doing so it will ensure that commitments will be completed and that participants recognise the importance of honouring agreements. The sport

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[7] Proposals for such a tax have already been made in some member States.

will carefully consider the extent to which it should make agreements with sponsors who are in competition with each other. The implied endorsement of two competing products, while acceptable to the sponsors, may place the governing body in an invidious position.

3. In the production of sponsorship agreements and in their subsequent management, "agents" or "brokers" are sometimes involved as agents of the sponsor or of the sports organisation, or as independent entrepreneurs. The value of such agents is a matter for the parties to decide and they will be influenced by the extent to which they provide expertise not otherwise available. There is however a danger that the agent may extract from the partnerships much more than he contributes both by the level of the fees and in the long term by adversely affecting relationships and by altering the conduct of the sport. The role of agents in sponsorship needs careful consideration.

4. The financial benefits of sponsorship and its attractions to participants, clubs and governing bodies carry a danger that a recipient may become too dependent on a sponsor. If there is no sound financial base to which the recipient can return, the removal of a sponsor may dramatically and disastrously affect the future of the organisation.

5. The guidelines which follow are an attempt to take account of the complex pattern of recreational, commercial and communication interests seen against the background of wide variations in social attitudes towards advertising and sponsorship. It is hoped that these guidelines will help to achieve a proper balance of interests and thereby to contribute to the healthy development of sport in Europe. It will be for each country and sports organisation to decide the best and most appropriate ways of implementing them.

Guiding principles

1. Definitions

By sports sponsorship is meant any agreement under which one of the parties (the sponsor) supplies material, financial or other benefits to another (the sponsored) in exchange for its association with a sport or sports event, and in particular permission to use this association for advertising purposes, and often in the hope that this association will be publicised, especially through the medium of television.

The sponsor may be an individual acting on his own or together with other sponsors, a company or other agency with a legitimate interest. He may be a long-term sponsor (for example, with a club for a period of years) or a short-term advertiser.

The sponsored may be a sports organisation (national federation or regional body), a sports club, individual sportsman or a local authority.

The material or financial benefits may consist of cash, goods, services or assistance in kind. It may be a purely commercial arrangement or linked to a sports development scheme.

By association with a given sport is meant association of the sponsor's name, trademark or products with any sporting occasion or event connected with the discipline concerned, or the equipment and facilities needed for its pursuit.

The advertising deriving from a sponsorship agreement consists in the use of a sporting occasion or event designed to acquaint the general public with the sponsor's name or products.

2. Existing regulations which affect sponsorship

   a. Sports sponsorship and advertising deriving from it is governed by the legislation of the country in which the agreement will become effective. Nothing in these guidelines may be interpreted in a manner prejudicial to the provisions of such legislation.

   b. Sports sponsorship and advertising deriving from it should be subject, as appropriate, to the regulations of the International Olympic Committee, (for the Olympic Games), the international federation of the sport concerned, and/or the national federation or its governing body, in particular where official international, regional or national events are concerned. Such guidelines or regulations as have been issued by a national sports confederation will normally apply to all sports in the country in question, where the rules of international federations do not apply.

      Subject to the provisions under a. above, the regulations of the international federations and national confederations, as respectively competent, should take precedence over those of national federations, those of national federations over those of clubs, and those of clubs over undertakings entered into by their members.

   c. Such regulations governing the transmission of advertising material as have been adopted by national television organisations should be borne in mind if the parties hope that television will transmit the event.

      Where no such regulations exist, the parties are encouraged to refer to the "Principle for advertising at venues for internationally televised sports events" of the European Broadcasting Uniform (EBU). They may serve as a source of inspiration for the regulation of any situation not provided for in these guidelines or in other regulations affecting sponsorship and are appended here to for information.

3. Suggestions to follow in the conclusion of sports sponsorship agreements

   a. Intending sponsors should,.as far as possible, negotiate with the national governing body of the sport concerned.

      Agreements with clubs or individuals should be submitted to the appropriate national or regional organisation for prior approval, unless of purely local or temporary significance.

   b. Those seeking sponsorship should negotiate directly with the potential sponsor or sponsors. They should satisfy themselves that the agreement does not conflict with the interests of the public, is in the best interests of the sport, does not exploit the participants, officials or spectators for financial or commercial gain, and promotes the healthy development of the sport. They should also inform the governing body of the organisation to which they are affiliated of the details, scope and content of any agreement entered into. Should the governing body consider that the agreement is such as to endanger the independence of the sport concerned, it should have powers to delay its implementation for six months to allow the parties to negotiate a new agreement. The sponsored should bear sole responsibility for all financial consequences of the agreement.

   c. Parties should conclude written agreements specifying:

      i. the duration of the agreement;
      ii. all duration to be provided by the sponsor;

iii. all concessions to the sponsor by the sponsored;

iv. all publicity and advertising arrangements between the two parties (in this context attempts to place advertising material on the participants themselves should be firmly discouraged);

v. an obligation to consult on any use to be made of the agreement outside its immediate scope.

d. Before entering into the arrangements referred to under iii.d. above, the parties are strongly advised to consult with representatives of mass media (broadcasting and newspaper organisations) likely to be interested in reporting a sports event in order to reach an agreement on advertising deriving from the arrangements and, in particular, its treatment by television, bearing in mind such organisations' editorial independence.

e. Where national legislation so permits, the mass media and, in particular, national television organisations, are invited to draw up, in consultation with national sports bodies, a code of practice concerning the transmission of publicity material deriving from sponsorship agreements at sporting events, so that parties to such agreements may know clearly the regulations applicable, and thus help to avoid possible misunderstandings. This code of practice should ensure that advertising does not obtrude upon the viewer, listener or reader, detract from his enjoyment of the event, or infringe the socio-legal frameworks of the country and the medium concerned. This clause should not affect the national television organisations' liberty to decide whether or not to televise any sporting event.

f. Sportsmen may be sponsored directly or receive indirect sponsorship as members of a sports organisation party to an agreement.

In the case of direct sponsorship, agreements should be submitted to the governing body of the organisation to which the sportsman is affiliated, subject to the conditions and for the purposes set out in paragraph ii. of these guidelines. As regards the amount and source of funding, the appropriate regulations of the national governing body should apply; in the absence of regulations applicable to such situations, the national governing body may only advise.

Where indirect sponsorship requires that the sports participant uses special clothing or equipment as part of an agreement between his organisation and the sponsor, he may refuse if: (a) the requirement is contrary to the regulations of the governing body of the sport concerned; (b) publicity marks on clothing or equipment are excessive, obtrusive or contrary to Rule 9 of the EBU's principles; (c) his personal health is adversely affected by the requirements.

g. Where the sponsorship agreement provides that the name of the sponsor or one of his products shall feature in the title of a competition or event or in the name of a sports facility, or item of equipment, or be incorporated in the name of a club or organisation, the following additional principles should be followed:

i. parties should be discouraged from making such incorporations where official national championships are concerned;

ii. where it already exists, the original name of the sport, club, competition, event, facility, equipment, apparatus or accessory should be retained;

iii. the name of a sponsor or product to be added to the title or name of a competition, event, facility, equipment, club or organisation should not exceed two words;

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- iv. the name of the sponsor or of his product should be aesthetically, socially and ethically acceptable;
- v. the name of the sponsor or his product should not dominate the sports event or equipment;
- vi. no beneficiary should conclude more than one such agreement for any one competition, event, facility, or item of equipment,

h. events and other activities financed by the fund referred to under vii. may include in their title the name of the fund so instituted; the names of contributors to the fund may feature only in secondary publicity material (brochures, programmes, reports, etc.).

i. If, for the purposes of implementing a sports sponsorship agreement, a change in the rules or traditions of the sport is felt to be necessary by both parties:

- i. the sponsored party should, before entering into the agreement, submit the proposed change to its higher authority for approval;
- ii. any change thus agreed should be for a specified experimental period;
- iii. an additional contribution equal to the cost of introducing and monitoring such a change should be paid to the higher authority.

j. Parties to a sponsorship agreement should ensure that no agreement for competitions or events which have already received significant sponsorship several times, should result in a higher total level of advertising than that authorised at previous competitions and events in respect of equipment, facilities, grounds or participants, with the exception of additional benefits received from the fund mentioned at xi.a. below.

k. Recognition of accessory and secondary promotion of a sponsor or product (for example, provision of cars, competitors' numbers, sports bags, suitcases, toiletries, food and drink, etc) should have the prior approval of the national governing body and should comply where appropriate with the rules of international sports organisations and these guidelines.

l. Suggestions for further national implementation

In the enquiries undertaken by the CDDS in the preparation of this Code, two other areas of possible concern have emerged. Solutions to these concerns can be found at national level.

- i. The first concern is to ensure that sponsorship agreements can contribute to the development of sport as a whole. If sponsorship concentrates exclusively on top-level or major events, the promotion of grass-root schemes for young sportsmen - upon which those top-level or major events ultimately depend - may be prejudiced. It was therefore proposed that a national sports development fund might be set up: this could be financed by additional contributions from sponsors according to the amount and type of sponsorship they already provide, or by taxes, or by a combination of the two. The management systems of such funds would doubtless vary from country to country but should include sports officials and governmental representatives.

- ii. The second concern is to obtain a clearer picture in each country on the development and trends in sports sponsorship, and to ensure that national rules - of necessity, more detailed than these European guidelines - are properly applied. If sponsorship increases it may, for example, prove necessary to provide safeguards for the sports participant as an individual citizen.

The setting up of a suitable national mixed body or bodies to undertake these tasks is therefore advised.

Professional Support of Volunteers in Sport

(Papendal, Netherlands, 1983)

The participants in the seminar on 'Professional Support for Volunteers in Sport'

Recalling Article VIII of the European Sport for All Charter which states that "In any programme of sports development, the need for qualified personnel at all levels of administrative and technical management, leadership and coaching should be recognised";

Recalling Resolution No. (81) 2 adopted by the European Ministers responsible for Sport at the 3rd Conference (Palma de Majorca, April 1981) asking the CDDS "to undertake a study of the effects of professionalisation in sport";

Present to the CDDS the following recommendation and conclusions:

GENERAL RECOMMENDATION

1. Sport and unemployment

   Society in general and sports participants themselves are making ever-increasing demands for sport, and on its structures. This leads to a situation where there is increasing pressure on facilities and on people who work for sport: there is therefore a need for both more volunteers and more professionals in sport.

   At the same time, society is looking for solutions to the unemployment problem.

   Sport can make its contribution to reducing this problem. This could be done at all levels, and mainly at the local level, with local authorities and local sports clubs working together as appropriate.

   On the one hand, jobs in sport exist, both in public authorities and sports organisations, which at present are inadequately performed because too few posts have been created. These jobs should be filled on a permanent basis by employing persons, particularly those trained or qualified in sport or physical education in the fields, for example, of promotion, administration or coaching/training.

   On the other hand, arrangements should be made to allow suitably trained, experienced or motivated people who are unemployed to do voluntary work in sport or to help in sports facilities without loosing their unemployment benefits.

2. Functions and tasks of voluntary workers

   Definition: By voluntary worker is meant a person who works without direct remuneration to improve the functioning of their sports organisation. This notion does not exclude the possibility of granting the refund of incidental expenses. Long courses are expensive, take too much time, and increase the process of (quasi-) professionalisation.

The educational and professional background of voluntary worker to realise the tasks described above, ie. by supporting the volunteer chairman, secretary, coaches, referees or leaders, depends on the sport, the club, and their particular needs.

The technical courses for voluntary coaches, trainers, instructor, etc. should have their standards set and controlled by the competent sports organisation.

3. Functions and tasks of the professional

Definition: By professional is meant a person who works full-time or part-time for sport, for which he receives a remuneration from an employer, and for which he has been trained or gained experience, appropriate to the level and amount of his activities.

The group distinguished five categories in which professionals could work:

a. sports promotion (for example, project officers, sports animators, sports development)

b. sports administration (for example, management functions in the public or voluntary sectors)

c. coaching and training: (that is, related to performance)

d. sports facilities: (for example, technical tasks, engineers)

e. support services or functions for sport (for example, sports medicine, sports sciences and research, training of trainers, etc.)

As indicated above, within the voluntary sector, professionals should understand and support the volunteers, and they will thus have mainly executive or technical functions. There was no function which could only be filled by professionals. The need for professional support should be judged not by the nature or quality of the task, but by the volume of the work he or she is required to do. Labour intensive tasks might be carried out by professionals. These tasks vary, so there is not just one kind of professional; one professional can carry out several tasks.

It is difficult to make simple or general proposals with regard to the training of professionals in sport.

Public authority employees in many countries (especially at local level) are often holders of some professional qualification or a degree in a field directly concerned with sport, recreation or physical education. This process will intensify.

The standards and quality of sports instruction given by a purely commercial institute not under the authority of a national sports organisation would not always be satisfactory.

4. Co-ordination

There are a number of organisations which look after the interests of sports professionals, but these are likely to be either specific organisations (for example, trainers in a particular discipline, swimming-bath managers' associations etc.), or larger associations (for example, a trades union) not concerned only with sport. There is an overall national federation of workers in sport in the Netherlands, but there is no trend towards a similar organisation in other countries.

No special collective regulations governing employment conditions in sport, the legal position of such workers, or the appropriate negotiating procedures exist. Many countries felt it was desirable to leave these questions to larger associations, such as the appropriate trades union. On the other hand, a tendency to some overall co-ordination could be seen as some national sports organisations were providing a common insurance or pension scheme for volunteers and professionals working in the member associations.

In most countries, the recruitment processes for employing professionals in sport is a part of the general labour exchange system. However, specialised labour exchanges have been set up in eight Dutch provinces.

5. Consequences

In some member states, it can be stated that governments are primarily concerned with ensuring the creation of proper conditions for practising sport and that the prime concern of the sports organisations is the organisation and implementation of sporting activities. Governments should take initiatives in organising certain sports activities themselves if sports organisations are not able or do not wish to do so.

In other member states, the same distinction of responsibilities is true as far as competition sport is concerned, but all other kinds of sports activities are considered as being primarily a responsibility of the government.

There is no general or single pattern in trends: developments depend on the structures and state of sports development in member states and on the type of professional, their tasks and their employers.

Member states should however initiate discussions on how, to what extent and with what means future developments in professionalisation should take place, even if, at the moment, the present situation is not a matter for concern in most countries.

In general, the financing of the three main professional tasks should be as follows:

a. for administration and management.

b. for coaching and training from within the resources of the sports organisations themselves;

c. for promotion, either by the sports organisations or by the public authorities depending on. the structures and traditions of each country.

6. The job-potential of sport in relation to unemployment

a. Governments and sports organisations of member states are concerned by the growth of unemployment in general. Commending the actions already taken in member states to reduce this problem in general, the seminar recommends that the job-creating potential of sport should be taken into account, especially by seeking arrangements so that sport and recreation will be an integrated part in possible employment schemes.

In financing these programmes, it is necessary to consider the opportunities for unemployed people with a training in sport or physical education to take up work in sport, without affecting their unemployment state benefits.

The most important principle underlying general sports policy, both of governmental and non-governmental order, is that sport is a valuable field of activity because of the opportunities it offers for personal development. Thus, the general objective of sports policy is to strive to enable as many people as possible to become involved in sport, should they so wish.

In achieving this objective, the governments of member states and the sports organisations have separate but complementary responsibilities.

b. In view of both the increasing demands that sport is facing and the increasing need for sport, sport needs more people who are not interested in the activities provided by sports clubs, there is a need for more local professionals to provide suitable activities.

Local sports promoters/animators/"street-corner-sports-workers" could be employed by local authorities as part of their duty to provide an environment conducive to the practice of all sorts of sport and all types of physical activities attracting all kinds of people. As an example, it has been estimated that in the United Kingdom, the recruitment of such promoters by local authorities could be achieved by allocating approximately an extra 5 per cent to the £1 000 million already provided in sports budgets, with the prospect of an increase of more than 5 per cent in participation.

The Challenge of Increasing Leisure Time to Sport and Recreation Policies

(Cardiff, United Kingdom, 1983)

1. Sports participation and organisation has grown dramatically in the last twenty years. Work and the relationship between work and leisure are changing greatly, and many more people will have increased leisure time. Sport has a major part to play in giving people fulfilment in their lives. It is recognised that the remainder of this century will see dramatic economic, social and demographic changes. The sports movement, governmental and non-governmental, has to have clear-minded aims and policies as to how to respond to these changes; and to what extent it should adapt itself, or maintain continuity, or resist such changes.

2. In particular, the immediate situation of inflation, unemployment and shortage of public money is placing strains on the policies, structures and budgets of all member states.

3. Demand:

On the demand side there is still a great need for sport felt by the population and not yet met.

In policy terms, this need meets five aims:

a. as a vital contribution to the quality of people's lives;

b. as a contribution to health, both physical and mental;

c. as a mainstay of social life;

d. as a contribution through high performance to individual achievement, and national prestige;

e. increasingly with telecommunications as a form of mass-entertainment.

The first four are a particular concern of government, the last two of commerce and all five should be of concern to voluntary organisations. Research has demonstrated the importance of many of these aims (in particular, the health aspects), but often they have been incorporated into policy only in a fragmentary way.

4. The rationalisation and impact projects demonstrate that while participation has grown during the 1970s by about 10 per cent (varying within Europe from 20 per cent to 50 per cent to 30 to 60 per cent). But it is true that:

   a. the same groups throughout Europe are generally low in participation - women, the unemployed, people with low incomes, the handicapped and immigrants;

   b. every additional percentage of increase becomes increasingly hard and costly to win, especially in these target groups.

5. Supply

A major wave of facility provision occurred in the 1960s and 1970s. Major questions facing governments and non-governmental organisations are:

a. how to maintain this supply in general at a lower cost, at least to the public sector; and how to obtain the resources needed to provide facilities in recreationally deprived areas, both urban and rural.

b. how to adopt the techniques of marketing, information and communication effectively for their own promotional (as opposed to commercial) aims;

c. how to recruit and train facility managers, club coaches and community sports leaders and employ them in the public, voluntary or commercial sectors or in partnership between them;

d. how to ensure that physical education in sport in schools provides a basis for life-long participation, which may mean major adaptation to curricula and teaching methods;

e. how to bring access to and management of sport to the people by decentralising control to local communities and by providing more local small-scale facilities;

f. how to maintain or increase the intensity and fidelity of participation (ie. the continuity of policies and programmes) at a high level of quality;

g. how to share European experience in these matters effectively and quickly even in those countries with already high rates of participation, for then investment is cost effective.

6. Costs and benefits

Both of these have been taken too easily for granted. The benefits are those identified in the aims a-e above plus the benefit of job and income generation. Apart from the last, these are difficult to define and measure and small benefits tend to be spread over large populations.

The costs on the other hand - of commercial pressures affecting the image and practice of sport, of violence, of unfair play, of injuries, of drug abuse, of noise and wear on quiet and fragile natural environments - tend to be easily identified and measured and to be concentrated on fewer people, at specific places and for short periods. There is a danger that they will be used in argument to outweigh the beneficial effects.

It is important that genuine transnational research on costs, benefits and economic impact be undertaken by the Council of Europe.

STRUCTURE AND ORGANISATIONAL RELATIONS

7. Governments and non-governmental organisations, and, where possible, the commercial sector, must develop clearly stated strategic aims and policies before any real debate about separate or shared responsibilities can commence. The unreadiness of some parts of the sports movement is demonstrated by their reactions, or lack of them, to commercial pressures such as sponsorship, television rights, etc.

8. Public authorities, both central and local, need to identify with the voluntary and commercial bodies which aims and policies each can best meet separately; and where there is scope for a genuine partnership.

Again, the conditions for and experience of member countries (however small) have not been effectively shared.

9. We do not believe that low economic growth, inflation and limited public money mean that sport will lose its gains in participation of the 1960s and 1970s, or that it will not be able to meet new challenges of increasing participation and making Sport for All a reality. The contribution of sport to society is growing, but its budgets are often historically determined and generally static. Sport therefore suffers from its own expansion.

The similar social trends and structures of sports participation in the member states make a very strong case for closer European co-operation. This emphasises the function of the CDDS as a forum where such problems can be discussed and solutions proposed which can inform and guide national policies.

10. A suggested approach to work of common interest is set out in paragraph 11.

11. Proposals

The seminar proposes that:

a. It is crucial that the gains in participation of the 1960s and 1970s should be secured by:

    i. more clearly defined programmes of sports development by each of the partners involved;

ii. more clearly stated roles for governments, the voluntary and the commercial sectors in each country which may include some transfer of facilities and responsibilities from the public sector when necessary or appropriate.

b. If "Sport for All" is to become a reality, policies for promoting sport among deprived people in society are needed and governments must ensure that they are carried through.

c. It is crucial that after the next Ministers' conference in Malta:

   i. each partner in the member states should make their long-term aims and policies for recreational and competitive sport more explicit both nationally and internationally. This should include a statement on their desired relationship with the commercial sector especially in relation to sponsorship and TV rights - again both at national and international levels;

   ii. that study groups are set up to identify the way forward in partnership between governments, non-governmental organisations and the commercial sector and, in the meantime, to disseminate experience of best current practices as a matter of urgency;

   iii. that a co-ordinated study of the economic importance of sport in relation to changing social trends is commissioned to inform the CDDS in adapting sport to modern realities. This study should have regard to existing data and the work of the study groups and should take advice from sports scientists and non-sport experts.

Evaluation of the Impact of Sport for All Policies and Programmes

(Dudzele, Belgium, 1983)

INTRODUCTION

The national reports show clearly that there is a direct relationship between an increase in sports participation and the existence of a Sport for All policy. Furthermore, the level of participation is significantly higher in those countries which have a specific Sport for All philosophy and programme(s).

The reports also show that the aims, objectives, values and the means (though these latter may vary in quantity) for realising a Sport for All policy do not significantly differ.

On the other hand, the results reflect structural differences in the development of Sport for All and in the level of participation.

A Sport for All strategy allows for many different approaches, particularly with regard to priorities, and will depend on the economic, socio-cultural and geographical circumstances in, and climate of the country concerned.

When there is mutual respect for the structural differences (governmental and non-governmental responsibilities, among other things), and enough freedom to work out national strategies, it will be possible to speak of a European Sport for All policy.

Countries with no Sport for All policy

INTRODUCTION

There are within the Council of Europe some countries with relatively low rates of sports participation, with markedly younger and more rural populations. Most of them have not yet laid the bases for a Sport for All policy. However, a traditional sports policy is no longer adequate: public support which covers only competitive sports, of interest to a minority, is contrary to modern social needs and demands. The majority of public money for sport still goes in that direction. Each of these countries therefore needs to formulate, adopt and implement a specific and coherent Sport for All policy, that is, a policy which is directed to. ensuring the provision of physical activities for the whole population, levels and abilities and of all ages and origins. Such a policy responds to current needs and the general desire for enjoyable, health-related, social and physical activities: such activities improve the quality of life of every individual and society as a whole.

ADVISORY AND EXECUTIVE FUNCTIONS

If there is no other way of creating a Sport for All "mentality", countries which do not have a Sport for All policy or a structure for it should set up a committee to define the requirements and objectives of such a policy in that country, based, *inter alia*, on the European Sport for All Charter of 1975. The report should propose a body or agency to be responsible, under the sports minister, for implementing the proposed policy, and for co-ordinating it with other areas of government. In addition, an expert group should provide the minister with advice and enable Sport for All policy to respond to new needs and trends.

NEW SPORT FOR ALL ASSOCIATIONS

While strong central supervision of the policy is necessary, the amount of central or local implementation and organisation will vary. It will require strong planning and execution, as traditionally organised sport is a strong lobby, and whereas the governing bodies often have the facilities, staff and the experience to stimulate mass leisure participation, evidence from many countries shows that they are reluctant to assume this new and wider responsibility and commitment. New Sport for All associations may well be necessary.

PROFESSIONAL BASE AND SPECIAL NEEDS

The development of such policies can be helped:

1. by using advisory groups, research findings and the skills or research scientists to provide sound national foundations;

2. by learning from other countries' experiences - such as the results of this co-ordinated research project or the results of earlier European co-ordination through the CDDS. The policy will of course have to take into account the economic situation of the country, its cultural traditions, its governmental structures, its climate and environment as they might effect sports activities and all the other factors mentioned in the Castejon and Rodgers studies of 1973 and 1977.

POLICY FACTORS

Appropriate and adequate finance, facilities and personnel are the three linked prerequisites for an effective Sport for All policy. Priorities will vary from country to country, but an essential need is that all three develop in harmony to meet evolving demand. This presupposes a planned sports development policy.

FACILITIES, FINANCE

Facilities which are not available for Sport for All, or empty facilities, shut down through lack of money or staff, are useless. The use of local, natural environments can reduce initial expenditure on facilities.

Facilities should be accessible to handicapped persons. Full use should be made of existing facilities - for example, through long opening hours and by using facilities at clubs, schools, universities and military installations to the fullest extent possible.

Proper maintenance of existing facilities is vital and it is cheaper in the long-term. New top-class sophisticated facilities are unnecessary for Sport for All: simple, local ones are more important, but in all cases, however, the standard of local private facilities must be taken into consideration, particularly with regard to ancillaries (showers, changing and foyer areas).

Various methods of financing Sport for All policies - for example, through lotteries - should be studied. Exploitation is a danger, and new participants must be protected from commercial or financial manipulation.

PERSONNEL

In staff matters, the main need is for the training or retraining of personnel to support the Sport for All programmes and activities. There is a special need for local sports animators. Such personnel will often be former physical education teachers or sports leaders or instructors applying their skills in a wider context.

PHYSICAL EDUCATION PROGRAMMES

Links with schools will be reinforced if some of these animators are also physical education teachers. The significance of primary education on influencing attitudes to sport should not be underestimated. A priority is therefore to increase the time for physical education in all schools and to introduce children to a broad range of motor and other skills through suitable programmes. This will enable children to use the knowledge and experiences acquired at school profitably and to increase their willingness to participate in a variety of life-long sports activities. A Sport for All day at schools as a promotional effort has merit.

SPECIAL TARGET GROUPS

In many of these countries, the percentage of young people (under twenty-five) is so high that properly designed programmes for them are an essential need.

In nearly all countries the lower social classes have very low participation rates compared to national overall rates; the unemployed, older people and the handicapped are additional specific priorities. Overall the rate of feminine participation is too low and so women need especially designed programmes, perhaps rather more socially orientated.

METHODS

Each target group needs specific promotional means. Experimentation is vital, as it helps increase experience and perfect methods and to discover latent demands among such groups.

Promotion to encourage participation as a part of management procedure is an important consideration, as is the use of the media towards this end.

Countries with developed Sport for All policies

There is another group of countries with relatively high living standards and with successfully developed, often remarkably high, sports participation. These countries have largely completed their plans for specialist sports facilities.

With their economies moving into the post-industrial phase and with ageing populations, there are particular social and health benefits to be derived and roles to be played by Sport for All policies.

Sports have contributed substantially to social life and in part to health, but sport must change with changes in the structures of societies and the pattern of peoples' lives. Society too must recognise the reality of the main sport for all movement.

So far, policy has tended to focus on the individual. It is desirable now for actions to be consolidated at the local level.

STRUCTURES

There is a need for closer collaboration between the local population, its associations and sports clubs and the local authorities, in order to co-ordinate the leisure activities of local structures, and to ensure the provision of varied offers, initiation campaigns, information and promotion, etc.

Local authorities have to make sufficient means available, both human and material, but must avoid taking the place of local associations and clubs.

It is the duty of local authorities to take action wherever associations have failed.

Two kinds of staff could be employed in this context:

1. municipal staff: responsible for co-ordination and information,

2. staff for animation: semi-volunteers, with a wide rather than specialised training, aimed at animation rather than technical sport prowess.

It is proposed that qualified unemployed persons (for example, physical education teachers) take such responsibility for sport in the municipality; this would also be a partial solution to unemployment.

DEVELOPING PARTICIPATION

1. The groups still outside sport (for example most women, some of the handicapped, the lowest social classes) need specific programmes to enable them to participate.

2. Many people take part in sport frequently. They should be encouraged to "deepen" their sports practice by making it more regular and more intensive so as to better realise the full benefits for health, satisfaction and sense of achievement.

3. The further development of Sport for All requires that its philosophy is brought into schools, sports clubs and family life, and to link it up with health education for children, adolescents and adults.

MANAGEMENT, INVESTMENT

1. Sport for All requires local, adaptable, multi-purpose, low energy-cost facilities, which are well managed. Many can be found by adapting existing buildings for such varied recreational use.

   The planning of new facilities must henceforth take account of recreational needs: multi-purpose and recreational centres such as leisure centres are required.

2. Access to natural resources

   Where there is a legal or land use problem of access to land or water for Sport for All, governments should encourage the development of networks or paths and negotiate access with the owners of and workers on that land. The recreational use of fallow land and lakesides is particularly important.

   It is desirable for municipal authorities to help in managing and maintaining local facilities (roads, paths, parks, playgrounds).

3. Staff

   Large numbers of monitors or animators are needed who can work locally as community sports leaders. They may work as volunteers or professionals but must have a basic qualification.

   The specific character of recreational sport requires a specialised training for such staff, who should not be purely technical personnel, as their technical training is not adequate for guiding leisure activities.

4. Finance

   In financial terms, the health and quality of life benefits of Sport for All as a day to day habit are such that it should receive a fair, adequate and reliable share of public resources; otherwise there will be a large turnover and drop-out.

   The economic crisis has effected the financing of sport. All the more reason why the state, regions, municipalities and sports federations should rally their joint strength. Forms of self-support using the contributions and participants, should be investigated. Private enterprises might also supply funds and thus contribute to the development of Sport for All. However, the ethics of sponsorship should be thoroughly investigated.

5. Media

   Television is a powerful means for conveying information, but up until now it has not been very effectively used for leisure. It would be worthwhile to discuss this with ministers responsible for the media.

The working-group hopes that more information about recreational sport will be spread through local and "free" radios, and through the regional and local press.

6. Research

Sport for All is a social policy; as such its planning and implementation must be underpinned by adequately funded research into the factors behind Sport for All, and into measuring and evaluating its effects.

7. Conclusions

A Sport for All policy is inconceivable without a governmental framework. Governments may wish to form partnerships with voluntary sports clubs, commercial operators and community groups; however if none of these other groups do so, the needs of deprived and non-participants groups must be met by government actions.

Genuine co-operation, soundly based on mutual consultation and complementation and a division of responsibilities between the federations (clubs) and the Sport for All movement is an absolute must.

The desire for integration in the sports movement, and the fact that there are very diverse motives for engaging in sport, requires that the necessary means are found to allow the sports organisations to include both the more competitive and the recreational sports sectors.

New Partnerships in Sport

(Papendal, Netherlands, 1986)

GENERAL CONCLUSIONS

1. The Sports Sponsorship Code approved by the sports ministers at Palma in 1981 gave expression to certain fears with regard to possible undesirable developments at that time. These fears have not all been realised: most problems have been overcome and those that remain can be dealt with satisfactorily. Since then co-operation and partnerships between commerce and sport, particularly as reflected in sponsorship agreements, and the media and sport have on the whole developed positively and are therefore to be welcomed. New developments in television technologies offers sport greater opportunities overall for an increased coverage of sport in all its aspects - whether world-wide, or national or 'minority' - as entertainment, information and education.

2. This reflects, and encourages, all aspects of sport as a pleasant and stirring human activity.

3. The problems that remain - the disadvantages - are now clearly recognised and the seminar is convinced that they can be solved by sport, usually by itself.

   However, it is necessary to exchange mutual information on developments in these partnerships between commerce and the media so that problems may be recognised in due time.

4. The role of governments in their general responsibility for sport is to provide the necessary support to sports organisations to decide and carry out their own sports policies. Only if some

of their tasks are not fulfilled, or problems not solved, or when faced with wider implications for society as a whole, should governments take a more active role.

SPORT AND GOVERNMENT

1. Governmental authorities and non-governmental organisations have traditionally played a role in safeguarding the ethics and organisation of sport. The increasing role of other parties - notably media and sponsors - means that they should be aware of changes in the relations between the traditional partners. It is thus necessary to ensure adequate communication between the four parties in order to facilitate a better understanding of each party's rights and duties.

2. There is a continuing interest in sport and physical recreation by governments and public authorities. This is because of the impact which the essentially voluntary activity of sport can have on those wider social issues which are the direct concern of governments and public authorities.

3. Sport is now dealing with new partners. Commercial interest (especially sponsorship) and media interest (particularly television exposure) offer new and different possibilities. The financial consequences of this involvement by media and sponsors are considered by sports organisations to be a useful contribution to the development of sport: for example in equipment, organisation and employment.

   Nevertheless the continuation of the basic balances in sport should be guaranteed, such as:

   a. the independence of the sports movement;
   b. protecting the ethics of sport;
   c. preserving the objectives of sport and respect of the athlete as an individual;
   d. the right balance between the different forms and levels of sport;
   e. creation of a special fund to ensure the continuity of commercial financing;
   f. the adoption of new clear and explicit contracts (as in business).

4. Governments and public authorities may need to react if the developments due to these new partnerships are prejudicial to the issues and policies which are their direct concern. However, the primary responsibility for taking the lead in reacting to these developments lies with the sports organisations.

5. Governments and public authorities can effect these issues through the use of different measures, for instance:

   a. appropriate legislation
   b. tax allowances to encourage private contributions
   c. financing; subsidies
   d. ensuring that sports leaders have adequate training so that they are properly skilled.

SPORT AND THE MEDIA

1. The existing sport structures have the basic and fundamental right to organise sports events for their members.

2. It is therefore up to them to negotiate with the media about coverage of events and deal with the specific conditions concerning this coverage.

3. However, the reporting of sports news is free and goes beyond these negotiations, in order to preserve the right to information.

4. Negotiations as under 2 with the media should be possible without preliminary governmental obstacles, taking into account, of course, existing national laws.

5. A new partnership means developing a new relationship between media, sponsors and sport.

   a. Media coverage is important for sport in general.
   b. Sport is important for the media, as entertainment and information.
   c. Sponsoring is important for sport; media coverage attracts sponsors.

6. There will always be two approaches to sport on TV:

   a. the high-profile sports, for which TV may pay money for exclusive transmission rights. For these sports, TV means a source of revenue and publicity.

   b. Low profile sports which at present TV is reluctant to cover, often because the federations expect coverage as a right, but offer an old fashioned and unsympathetic image. They must work with TV to produce new presentations and innovations which will excite and inform the viewer. This would mean publicity, and sometimes revenue, for these sports.

   By imagination and hard work it is possible for a sport to move from group b to group a.

7. The position of European sport forces the national structures involved within the member countries of the CDDS to unite in order to protect the authenticity and the ethics of sport in relation to media and sponsors and to prevent excesses.

   Therefore it would be desirable that national and even European platforms are created on which ideas can be exchanged between these partners and a constructive relationship developed.

8. It would be helpful if the television authorities in consultation with the other parties would establish and apply common regulations on acceptable levels of advertising at sport events, so that all parties would know the rules which will apply. These rules should be applicable to:

   a. all channels, whether public or commercial;
   b. all sport and at all levels;
   c. all member nations of EBU, or at least those from the Council of Europe.

SPORT AND COMMERCE

1. The autonomy of sport is a very important and worthwhile thing, its ideals and identity should be maintained, and its independence should be safeguarded.

2. Partnerships between sport and commerce are developing rapidly and are welcomed. These developments affect both partners: both sides are confronted with advantages and disadvantages, some of which are illustrated in the table.

3. One of the most significant risks is to the unity and to the authority of the sports world and to the sports organisation concerned.

4. The creation of a general fund could further the development of those branches of sport, including sports activities in the recreational field of sport in the context of sport for all, that do not easily get income from sponsors. If that is the case then a balance and solidarity between the sports organisations would be created.

5. To be able to react adequately to their members and to their commercial partners, sport should if necessary, improve its own structures and organisation. There is, for example, a need for voluntary officers and staff to be skilled in the techniques of the commercial world. Thus, each sport should stimulate the training and education of their potential leaders in this field, and as an investment for the future governments should stimulate this process by supporting it in appropriate ways.

6. By facilitating certain tax arrangements etc., governments could also help the sports organisations find solutions. Governments should not withdraw their money and subsidies to sport just because sponsorship money becomes available for sports organisations. Governments should continue to protect the common interest.

Sports Management at Local Level

(L'Hospitalet, Spain, 1-4 July 1986)

CONCLUSIONS ADOPTED BY THE PARTICIPANTS

General

The participants attending this European seminar consider that it took place at an appropriate moment, since changes both in the socio-economic sphere and in sport itself have important consequences for sports policy in general, and thus for sports management.

1. The continuing economic recession coupled with the increase in the number of sports facilities, attempts to satisfy new demands, increasing maintenance costs and higher renovation costs, lead those responsible for management to look for new financing and income-generating methods. The subsidies traditionally granted by the public sector and the profits from users are now insufficient to set against costs.

2. Both an increase in the number and type of sports practised and a continuing diversification of target groups have been observed. Managers now have the double task of ensuring that the traditional programmes developed by the clubs, federations and schools continue to function correctly, as well as catering for new demands of people practising leisure sports, and of encouraging a greater participation by the population at large. This double function has direct consequences in making Sport for All more accessible and to achieve it requires adaptable management.

3. Finally, management is a relatively easy task as far as organised sport (governing bodies, clubs) and school sport are concerned, related to well-established structures; while in the area of leisure sport, there appears to be a lack of structures. Thus promotional programmes and actions to make people aware of sport could be completed by actions aiming at the setting up of organisations that could favour area continuity in the practice of leisure sport.

Profile and scope of the sports manager. Definition of his roles both in the public and in the private sectors.

1. Introduction:

The term "manager" means:

"The person responsible for the management of an entity (for example, a sports facility, a club, a department) according to financial and other targets established by the employing authority and within agreed resource provision".

2. Characteristics of the manager:

His/her background might be a teacher of physical education, an economist, an engineer, etc. but he/she will need specific skills related to sport:

a. administration, organisation, legislation and economics/financing;
b. group dynamics, applied sociology, marketing and public relations;
c. maintenance and new techniques such as statistical data processing (computer technology, etc).

He/she will be able to take decisions, will achieve results, and be able to lead a staff (teamwork).

Personal qualities required include: leadership (diplomacy, flexibility, personality, an ability to delegate, communication skills), dynamism, creativity, self-criticism, faithfulness, loyalty, foresight, capacity to win respect of others.

He/she should have had university (or comparable) education; the high-level manager will probably have a post-graduate qualification:

3. The fields of activity of the sports manager:

High-level

a. Sports federations
b. National, regional or provincial administration
c. Large clubs
d. Larger communities (for example, more than 20 000 inhabitants)
e. Big sports facilities

Medium/low-level

a. Small communities (for example, less than 20 000 inhabitants)
b. Small clubs
c. Small-size sports centres.

4. Objectives and responsibilities in the public and private sectors in sport

The responsibilities of the public or private sectors vary in each country. It is necessary for the two sectors jointly and in co-operation to determine who has the best ability to satisfy the needs of all the community.

In a hypothetical distribution of responsibilities, the private sector could be in charge of the "offer" of sports services, and of its own management. The public sector could be in charge of promoting those sectors where sports practice is scarce, and of distributing public financial resources.

5. Recommendations

   a. To analyse existing training programmes for sports managers in each member state of the Council of Europe, with a view to developing future common training programmes at European level.

   b. Considering the large number of unemployed physical education teachers, to retrain some of them in sports management, thereby making best use of a valuable resource.

      Some delegates could not agree with the latter proposal and suggested that because physical education teachers have a special relationship with sport, sports management techniques should be included in their original training.

   c. To strengthen the co-operation in training between the public and private sectors at local level, given the relationship between them in sports management.

Financial efficiency in management

1. The current level of investment of public funds in support of Sport for All, should at least be maintained, despite the economic recession, and as in some countries it could be raised. This is justified by the social values and benefits of the practice of sport. The value of sporting activity in reflecting the aims and objectives of the community which it serves should be demonstrated.

2. In order to achieve rational and well-balanced decision-making when faced with the competing demands of sport, the real cost of Sport for All activities should be thoroughly calculated:

   The public sector should search for co-operation with the private sector to implement effective sports development policies.

   The local manager should be delegated greater responsibility for the implementation of cost-effective measures that best suit the local situation. Consideration should be given to the following areas:

   a. energy-saving measures
   b. computerisation
   c. automation
   d. self-financing projects
   e. improved marketing.

   All such measures should reflect the basic principles of Sport for All and equal opportunity.

3. Trained professionals to co-ordinate sports programmes are important:

   The principles of marketing should be applied more widely in the public sector, with a change in emphasis from a programme-based approach to a user-based approach.

Taking into account individual circumstances, there should be an increased effort to secure sponsorship to supplement public investment and objectives.

4. Professional staff should be provided to manage sports activities at the local level.

   Voluntary personnel are important to the promotion of Sport for All activities, and, depending on individual circumstances, increased use should be made of volunteers supported by local professionals.

The implementation of national Sport for All campaigns at local level

1. The concept of "Sport for All" includes leisure sport as well as certain forms of adapted competition and the wide variety of sports of which the main objective is to improve the quality of life.

2. It is essential that an adequate strategy be adopted to cope with the present demand for sport. It is also important to provide sports opportunities for non-participants and to traditionally underprivileged target groups. For this to be effective, the implementation of national campaigns must be managed, organised and operated at the local level.

3. "Sport for All" should not be a specific or sporadic event, but it must be continuous and be consolidated within society through regular practice.

4. The fact that member states recognise Sport for All initiatives at both legal and financial levels is very important.

5. It is necessary to encourage the creation of appropriate structures for the organisation of Sport for All ie, in the opinion of the CDDS, leisure sport (CDDS, March 1987) with advantages similar to those of traditional sport.

6. It is necessary for Sport for All to be stimulated by local authorities, which will attend to the promotion and creation of Sport for All associations as well as ensure the normal functioning of the traditional sports associations.

7. Local authorities should provide the necessary infrastructure for the development of Sport for All programmes: conventional and non-conventional facilities, open spaces, staff, financial resources. Environmental planning must take into account the needs of Sport for All and see to it that facilities built are attractive and adopted to the philosophy of Sport for All.

8. Even if a commercial approach to the demand for Sport for All appears necessary, sport should never be used for profit-making foreign to its objectives.

9. European campaigns for the promotion of Sport for All are necessary. People should be made aware of sport by provision of information at the national and local levels. For that purpose it is also necessary to take a closer look at the role of the mass media in such campaigns.

10. Bodies other than those specific to sport may be involved in the development and the promotion of Sport for All, such as Ministries and other agencies for health, education, etc.

11. The development of Sport for All requires the use of all possible resources for example:

    a. programmes should be involved for improving the training of voluntary workers in sports practice;
    b. local authorities should search for legal ways to professionalise collaborators, ensure their quality and continuity, and to promote new ways of job creation.

Seminar on Sports Management Training

(Berlin, Germany, 12-15 October 1987)

organised on behalf of the CDDS by the Deutscher Sportbund (DSB) with the co-operation of the Bundesministerium des Innern (BMI) at the Führungs- und Verwaltungs-Akademie (FVA)

CONCLUSIONS BASED ON THE TEXTS ADOPTED BY THE PARTICIPANTS

These conclusions were approved by the CDDS in 1988

Definitions

1. Management is the process of exercising responsibility for the planning and control within an organisation of resources - people, events or facilities - in order to achieve objectives.

2. Management training is the process whereby managers and potential managers are trained to be more efficient and effective.

Sports management training in Europe

3. The amount and levels of sports management training offered in Europe at present varies both among and within countries. It is spread among several types of institution (sport, educational, professional, governmental). The situation may be summarised as follows:

Place	Voluntary Sector	Public Bodies
Some Countries	Much	Much
Some Countries	Much	Little
Some Countries	Little	Little

Most sports management training is fragmentary, and at varying stages of development and application.

4. The role of universities and other higher education bodies, sports organisations and governmental sports departments can complement each other: universities and educational institutions usually provide initial training; the sports organisations usually provide further in-service, often modular, courses for their leaders; governmental sports departments often concentrate on training sports managers to be employed by local authorities.

5. A table of how the different institutions involved might offer complementary training courses for different levels of sports management might look as follows:

level a. institution	Lower	Medium	High	Target group(s)	Form of training
Sports organisation	X	X	X	Volunteers Professionals semi-prof.	Stunt courses, seminars
Universities			X	Professionals	First degree post-graduate degree
Private: professional	X	X	X	Professionals	Seminars, part-time courses
Governmental	X	X	X	Vol. & prof.	2 year courses
b. recognition	Certificate of attendance	Diploma	Degree		
c. objectives	To qualify To improve the quality of work	To improve efficiency To introduce professional concepts into the work	To achieve profitability To manage successfully to be in control of the future		

Contents of training

6. People enter sports management with different skills and therefore, need to be provided with training designed to fill in their various gaps. This could be structured on a modular approach;

Backgrounds	Training Needs
Sport Science	Management
Finance Management	Sport
Administration	Sport
Physical Education	Management
Sport Participation (ex active sportsman or woman)	Management
Management	Sport
Community Service	Sport and Management

7. The management process has the following stages:

   a. Analysis
   b. Planning
   c. Decision Making
   d. Taking Action
   e. Controlling
   f. Evaluating

8. Management knowledge and skills

   The knowledge and skills required of sports management are:

   a. Administration
   b. Finance
   c. Marketing
   d. Law
   e. Personnel
   f. Corporate Planning
   g. Problem Solving
   h. Ethics
   i. Legislation
   j. New Technology
   k. Information Systems
   l. Public Relations
   m. Communications
   n. Promotion
   o. Customer Care
   p. Leadership
   q. Motivation

9. The successful sports manager will therefore be acquainted with psychology, sociology, teaching, sport and human movement, as well as the specific management skills. An interdisciplinary approach is thus necessary to training.

Trends in sport and society which will affect sports management

10. Society and economy are changing rapidly, but sport - in attitudes and organisation - is changing too slowly. However, the sport and leisure sector is a fast-growing industry. Sport, whether it is offered through the public or the voluntary sector, needs good management, to match that provided by the commercial sector, and which is proving increasingly popular to individual participants.

    If successful management is not provided by sport, then other forces will take it over, for other motives. Sport needs well motivated managers at all levels, providing leadership responsive to new needs, increasing leisure time, and the importance attached to a healthy lifestyle by individuals and to good health by the state.

11. There will be more integration between sport, recreation and leisure. This will affect activities, facilities, organisations and clubs. Offers will be increasingly organised on a commercial, profit-making basis as the commercial sector acquires greater influence. Members of sports clubs and casual users will require a higher standard of quality, requiring a more professional

approach. Thus the number of professional sports managers will increase, working in leadership and administrative tasks.

12. Among other factors to bear in mind are:

    a. Sport is usually short of money (except at top level).

    b. There are less public funds available to subsidise sport.

    c. There are changes in the age structure of the populations: older age groups form larger proportions of the total.

    d. Society is becoming divided between the haves and the have nots: those who have status, money and jobs and those who do not.

13. Implications

    These trends may result in the following dangers:

    a. voluntary workers becoming demoralised and demotivated;

    b. "business management" being introduced into voluntary work/clubs;

    c. the commercial sector taking over some of the traditional teaching tasks of clubs; in which case there is a further danger that commercial organisations may have insufficient quality control over the sports content of the managers they employ or train;

    d. sophisticated academic courses being developed by universities, etc., but not related to sport;

    e. the tasks, roles, and responsibilities of the professional sports manager *vis-à-vis* those of the board of the voluntary workers of the club which employ him/her may not be clearly defined and lead to quarrels;

    f. a failure to exploit the skills and attainments which potential board members may have acquired in their professional life.

Problems in sports management training

14. There is both a shortage of volunteers to train and a high level of wastage among those who have been trained, and there are doubts about their effectiveness even when they have been trained.

    Employers often place more emphasis on sports knowledge than on management knowledge and skills. Is this correct?

    Voluntary and public bodies allot little time or money to sports management training.

    There is a lack of a comprehensive overview and clear definitions of sports management training, and the way they are supported by research. Too often sports management training is simply added on to physical education training.

15. There is a lack of or little interaction between, on the one hand, public and voluntary bodies and, on the other hand, the commercial sector. It has thus been difficult to achieve the correct balance between academic and theoretical education and practical management training.

16. There is a lack of a career structure linked to career development, in-service training and re-training.

Too often, sports management training is led by circumstance and opportunity rather than by needs of employers and the care of the employers' customers.

17. As sport develops its profile(s) for sports managers, universities and other training institutes will develop, or be asked to develop, appropriate curricula and courses. Voluntary workers will need continuing education. Both professionals and volunteers will need special skills, such as information technology, even at post-graduate level.

Recommendations

For implementation at national level

18. a. Provide a flexible, modular, interdisciplinary approach to training.

b. Employ trained, paid sports managers to promote "Sport for All".

c. Support voluntary workers with paid managers at all levels, and advocate them both to complement and work with the other.

d. Provide a comprehensive overview of the ongoing needs of sports management, supported by a research programme designed demand for, and improve, sports management training.

e. Develop a career profile(s) (for example, with local authorities, with voluntary clubs, etc.)

f. Encourage universities and other higher educational institutions to develop exchange programmes with a similar institution in another member state so that an integral part of the sports management training course (preferably for half or a whole term) would be spent elsewhere.

Such exchanges can be most easily arranged on a direct bilateral basis, probably at post graduate level to begin with. They could be planned to take advantage of a particular field of expertise in the other institution.

g. Encourage local authorities to develop exchanges for their employees, so that they can do part of their practical job experience training in another country. This exchange programme could use town-twinning arrangements.

For implementation by the CDDS

19. There is a need to build upon the positive experience of this seminar by improving the mutual exchange of information, ideas and good practice. This exchange, basing itself on people, practical activities and institutions at national level, could take the following forms:

a. nominating a correspondent (beginning perhaps with the delegates at this seminar) to act as a contact and information person for queries etc.;

b. progressively building up an inventory of sports management training courses in the member states; the inventory should be structured on a common format so that the information can be used comparatively;

c. arranging, perhaps every two years, a meeting for sports management training course directors, and employers of newly trained sports managers to act as a forum and network; to review the implementation of this seminar's recommendations, to discuss developments and new requirements in SMT, particularly from the leadership angle, and to review employment trends and needs;

d. developing a common European 'study pack' for use in sports management and leadership training. This would be a source of training material for use either in conjunction with taught courses or in self-study. It would contain a substantial non-national (either European or from other European countries) element to be used in addition to national material. It would be a common European core, and could lead later to a common European module for incorporation in sports management training courses;

e. the increasing internationalism of sport at all levels, increasing job mobility and the coming of the internal market within the European Communities reinforce the need to prepare for a more effective mutual recognition of sports and recreation management diplomas and qualifications. The CDDS might wish to draft a common European profile for a sports manager, acceptable also to other fields where professional management skills are employed;

f. the seminar suggests that the CDDS set up a group of experts to make proposals for possible contents for the European study pack, to follow up experiences in higher education exchanges, and to plan for a future seminar on the topic of 'the requirements for sports leadership in Europe in the year 2000'.

Sport for All: Injuries and their Prevention: 2nd meeting of the Co-ordinated Project Group
(Papendal, Netherlands, 27-29 January 1987)

CONCLUSIONS - RECOMMENDATIONS

1. In spite of the attention paid by the sports organisations to better facilities, equipment and medical guidance, there does not seem to be a sufficient decrease in the incidence of sports injuries in some fields over the years.

2. The studies presented show that basic information on the overall injury situation has been compiled in various countries. The methods used depend on the way the public health system is organised. In some cases, specific information is still lacking, if the injury registry system is incomplete.

3. For a valid interpretation, all epidemiological data should be corrected for exposure-time and the number of competitive events: absolute numbers are misleading.

4. Overall studies are needed to identify risk factors and groups and risky behaviour. In-depth studies, using experimental and control groups, are necessary to reveal injury mechanisms and to suggest effective preventive measures.

5. Several injury studies show that women run a higher risk than men in the same sport. The causes should be investigated.

6. Research into sports injuries should, where possible, be of a prospective nature rather than retrospective.

7. Over-use injuries form a substantial part of all sports injuries. Previous studies demonstrated that attention directed to this type of injury is relatively effective. More attention should be paid to over-use injuries, both in research and prevention.

8. Preventive campaigns on a large scale are only advisable after trials in which all the risk factors considered relevant have been evaluated on an experimental basis.

9. Several studies indicate that injury prevention campaigns "pay". A combined "multi-media" approach to prevention supported by all the institutions co-operating (for example, government, sports organisations, industry, the mass media) is more effective than individual efforts.

10. There is a need to improve knowledge, attitudes and behaviour with regard to sports injuries and their prevention, particularly for:

    a. physical educators, trainers, coaches, etc
    b. the medical and para-medical professions generally,

    and including these subjects in the curricula of the relevant training institutions.

"Sport for All: Sports injuries and their prevention"
(Papendal, Netherlands, 15-17 November 1988)

EDITED VERSION OF THE RECOMMENDATIONS AND CONCLUSIONS ADOPTED BY THE PARTICIPANTS

Introduction

1. The European Sport for All Charter, adopted by the Committee of Ministers in 1976, stresses the contribution which sport can make to people's need for physical activities for both their physical and their mental well-being and emphasises policies which seek to extend the benefits of sport.

2. The encouragement of sport for all programmes and policies during the last decade have had a significant impact on patterns of recreational behaviour in member states. They have in addition been beneficial by compensating for physical immobility, mental stress and other harmful aspects of modern life.

3. The increase in participation in sport is evidence that these policies are achieving their objectives.

4. However, sport also has adverse effects. Injuries can occur through contact or carelessness or be self-inflicted through exertion or overuse.

5. This situation is unsatisfactory, not only for the injured sports participant but also for employers due to the costs of work absenteeism and the state because of the cost of sports injuries to the medical and health care system.

6. While there has been an advance in medical expertise and technology the problem of sports injuries warrants special examination by studying incidence and aetiology as building blocks for the development of successful prevention strategies.

7. In the co-ordinated research project "Sport for All: sports injuries and their prevention", launched as a result of the 4th Conference of European Ministers responsible for Sport (Malta, May 1984), researchers from a dozen European countries have worked in this field from 1985 to 1988.

8. The following conclusions and recommendations are based on the results of their studies and the discussions at the third and concluding seminar, 15 to 17 November 1988.

State of the art

1. In the initial phase of the project participants joined forces to develop a common frame of reference with regard to objectives of the project and a methodology of sport injury research.

2. To be able to co-ordinate research and to compare findings, participants agreed upon the following definition:. "A sport injury is that which occurs as a result of participation in sport and has one or more of the following consequences:

   a. a reduction in the amount or level of sports activity;
   b. a need for advice or treatment;
   c. adverse social or economic effects."

3. For valid interpretation of injury numbers one took as far as possible into account:

   a. correction for exposure time
   b. frequency and intensity of participation
   c. competition vs training
   d. age group and gender

4. Epidemiological investigations have been carried out in several member states in order to achieve a proper understanding of the nature and extent of sport injuries. The data for these reflect the social and cultural characteristics, and sports participation patterns in the member states.

5. These epidemiological studies throw the injuries problem into starker relief. The total number of injuries has been greatly underestimated. New data reveal social, economical and medical characteristics of sports injuries.

6. In sports injury research relatively much attention has been paid to the medically treated sports injury (for example, nature, diagnosis, localisation and seriousness). These studies are mainly based on records of medical institutions for example, GPs, emergency wards and specialists).

7. Due to the popularity of soccer, the highest number of injuries is sustained during football matches or training.

8. There is also evidence that the injury risk in team-contact sports, with soccer in the first place, is relatively high.

9. In most sports the injury risk during matches and competition is much higher than during training sessions.

10. It has been estimated that a considerable number of injuries are sustained while practising unorganised sports (for example, jogging and ski-ing) or activities not supervised by coaches.

11. The aetiology of sports injuries, as shown by several studies, depends mainly on the specific characteristics of each type of sport; the factors relevant to all sports or group of sports seem to be limited.

12. Athletes with a history of injury or chronic disease are at higher risk (of recurrence) of injury.

13. Some countries have started in-depth studies using experimental and control groups to reveal the injury mechanism and to validate effective preventive measures (for example, soccer, jogging).

14. Based on a great deal of epidemiological information already gathered, some member states have taken action to prevent sports injuries by means of media campaigns, education of coaches and physical educators, and information leaflets.

Information still required

1. Basic information on the overall injury situation has been compiled in various ways. Because of the objectives of such systems (eg. insurance, health) specific information is still lacking. This is certainly the case for valid data on participation and exposure time.

2. Various studies have paid attention to the background and circumstances of the medically treated sports injury. More attention should be devoted to the number and nature of less serious injuries which do not receive attention from a general practitioner or medical specialist and to the registration of fatal sports accidents.

3. Most of the epidemiological studies have concentrated on extrinsic and intrinsic risk factors from a medical point of view. Little is known about the behavioural risk factors. More research into personality profile, stress-coping ability and sensation seeking is needed.

4. Although many in-depth studies have been executed in several sports, there is still a need for more studies to examine the specific risk factors in other sports (for example, basketball).

5. The analysis of over-use injuries raised questions about the relationship between physical exercise, health and well-being. More detailed research into the minimum and maximum level of physical exercise with respect to health is necessary.

6. Recently, promotion and education campaigns have been introduced to prevent sports injury, yet little is known about the effect of different preventative measures, either singly or together.

Recommendations

Prevention

1. It is recommended that a national committee be set up which is responsible for a coherent approach towards physical, mental and social effects.

2. Sports promotion campaigns should encourage more and safer sport participation in order to optimise physical, mental and social effects.

3. It is recommended, if sufficient data are available on the specific risk factors from which preventative measures can be deduced, to prepare information campaigns on sports injury prevention.

4. Expensive preventative methods and important measures should be evaluated on a small scale before being implemented in nation-wide campaigns.

5. It is recommended to co-ordinate information campaigns properly as different messages from different sources can minimise the final effects.

6. As (primary) prevention of sports injuries is not always feasible, attention should also focus on early diagnosis and adequate first aid (secondary prevention) and on effective medical treatment and rehabilitation (tertiary prevention).

Research

1. Several CDDS countries have carried out epidemiological investigations in order to achieve a better understanding of the injury phenomenon. It is advisable to undertake similar studies in other countries.

2. In order to maximise comparability of epidemiological data on an international scale, standardisation of those data per sport or group of sport as well as methods of processing is essential.

3. Nation-wide surveys or registration of sports injuries can also establish or monitor the effects of prevention policies.

4. Sufficient research should deal with the large amount of 'minor injuries', since even these injuries interfere with the 'sport for all' principle and can have serious effects for competitive athletes.

5. More attention should be paid to the causes of fatal injuries and the injuries with permanent disability. A register of fatal sports accidents should be kept in every country.

6. In health research more attention should be paid to the effect of exercise on the structure and function of the organs and systems in the human body (for example, cardiovascular, hormonal, immunological, gastro-intestinal).

7. It is necessary to establish the value of pre-participation examination as an instrument for a prevention policy.

8. It is recommended to evaluate scientifically different medical treatments on outcome and period of sick-leave and sport-absenteeism.

Sport (con)federations

1. Each national and international sports organisation should consider it a basic responsibility to adapt the regulations on facilities and equipment, the rules and the refereeing in order to reduce the amount and severity of sports injuries.

2. As behavioural determinants can have a great influence on injury incidence, sports organisations should pay more attention to 'fair play' and good sportsmanship.

3. The training of coaches needs to be improved with regard to injury prevention during training and also in matches. Coaches should recognise that safety and prevention of injuries are part of their responsibility.

Government

1. The training of physical education teachers needs to be improved with regard to injury prevention and health promotion.

2. It is a responsibility for the sports industry and government to develop standards in relation to materials and products which contribute to safety in sports. Protective equipment must be comfortable to wear and easy to apply.

3. Adequate knowledge of the practice of sport and the principles of physical training are an important element in preventing sports injury. Therefore health education in schools should also deal with these subjects.

Women and Sport: Taking the Lead

(Bisham Abbey, Marlow, United Kingdom, 11-14 September 1989)

CONCLUSIONS ADOPTED BY THE PARTICIPANTS

International strategies

Agencies to be addressed:

INTERNATIONAL OLYMPIC COMMITTEE (IOC)

The IOC has agreed to hold a conference on women and sport at the suggestion of a UK IOC member, Mary Glen Haig. She has asked for help from the Bisham Abbey seminar.

Recommendations

1. That we send suggestions to the IOC for their conference, based on our action strategies. Anita While, who has already spoken to Mary Glen Haig, has agreed to co-ordinate this.

2. Any country wishing to have a contact person, send name and address to Anita; she will offer to IOC an advisory group of volunteers.

3. Each country to lobby its IOC member(s) about the Conference, which is planned for Autumn 1990.

EUROPEAN SPORTS CONFERENCE

This will be held next month in Sofia (2 to 6 October 1989) and the agenda is already fixed. In two years time, Norway will host the conference.

Recommendations

1. That each country ensures that their delegates to Sofia have a copy of our press release and that they are ready to lobby for the Oslo conference to have women and sport on the agenda.

2. Lobby the delegates attending the Sofia Conference that one of the projects over the next two years is women and sports leadership.

(Note: the IXth European Sports Conference set up a working group on 'Women in Sport')

COUNCIL OF EUROPE

Recommendations for the Committee for the Development of Sport (CDDS)

1. Ensure that the press release from the seminar is received at the meeting of the bureau on September 19 and 20 and discussed under the appropriate agenda item. Participants from countries with members on the bureau make every effort to see that their delegate has a copy of the press release and is urged to support the strategies.

2. To ask the Clearing House to write, in March 1990, to all delegates and countries present at this seminar asking them to report progress in implementing their agreed national and regional/local strategies.

3. When this information is received, CDDS calls a further meeting of the Expert Group on Women and Sport: taking the lead (Appendix I) to collate, monitor and make recommendations for future action.

4. The CDDS is asked to set up a follow-up and monitoring group ("Women's Committee") to ensure that progress is maintained.

5. At its Annual Meeting, 27 February to 2 March 1990, to hear a presentation on the seminar.

6. At the next Conference of European Ministers responsible for Sport (1992, Rhodes) that the CDDS proposes that the topic of women and sport is discussed.

7. The interim working group actively encourage governments to send more women delegates and representatives to the CDDS and its subordinate bodies.

International Council of Sports Science and PE (ICSSPE)
European Community
Unesco
GAISF
FISU
IAPESGW

ICC (disabled sports organisations)

SUMMARY OF WORKING GROUP ACTION STRATEGIES

Levels:	P	Personal
	O	Organisational
	N	National
	I	International

(each country to indicate its own priorities)

Topic: Coaching and Officiating (Refereeing)

Education

Influence decision-makers to increase their awareness through conferences, federations, IOC, etc.
Educate organisations and request them to prepare and adopt affirmative action policies.
Encourage young women to enter coaching from school level; encourage retired players to enter coaching.
Develop opportunities for women-only coaching courses with the same content as men.
Offer women-only coaching courses where the emphasis is on feminine values and styles.
Incorporate feminine values/styles into existing coach education programmes.

Remuneration/Appointments

Involve women when selecting and hiring women coaches.
Give equal pay for equal work.
Appoint qualified women in preference to unqualified men (especially in paramedical areas).

Representation

Examine the use of quotas in coaching and officiating on a pro rata basis.
Increase representation on organisations.
Include women in overseas travel and events (support teams/staff).
List women coaches via the Clearing House.
Use women coaches and officials as conference speakers.
Lobby and/or set up a "task force" in each country to influence policy.
Close legal loopholes in the anti-discrimination law.
Research into discrimination.
Offer a formal complaints procedure for women coaches and officials.

Promotions/Public relations

Offer articles and interviews by and on women coaches and officials.
Give special rewards for women coaches and officials

Support

Establish supportive networks through courses, discussions and meetings.
Formalise an apprenticeship scheme for mentors (guidance, counselling, mutual support).

Topic: Paid Employment in Sport

Networking

Support, encouragement, personal “sponsorship”, mentoring both formal and informal.
Nominate and support other women.
Share information about jobs, research, literature, seminars.
Identify male allies.
Work with international organisations.
Work through departments with responsibility for equal opportunities.
Encourage women to apply for jobs and become role models in sport jobs.

Recruitment/Working conditions

Make job description skills specific and woman-friendly.
Make selection methods and criteria woman-friendly and use women at all stages of the selection process.
Use positive/affirmative action to recruit women (especially where they are under-represented).
Offer flexible job conditions (with job-sharing, secure part-time, flexitime, promotion possibilities for women who take career breaks).
Involve and encourage female support staff.
Ask sport organisations to examine their own recruitment policies and practices (see Dublin 1980) for example, including women in committees and delegations.

Education/Staff development/Career progression

Raise consciousness of staff, men and women.
Offer skills training for women leaders to include: information technology, self-presentation, finance, marketing, team-building, research methods.
Provide systematic careers advice for women.
Value, and give credit for, past and present experience and learning.

Topic: Physical and Sport Education and Research

Education/Awareness raising

Do research into the relationship between leadership and teacher training.
Offer awareness training on women and sport to men in physical education and sport.
Network throughout physical education and sport.
Offer management training/training for leadership.
Offer special research seminars for women researchers.
Raise the 'political' awareness of physical education teachers towards women's issues.
Close the gap between school physical education and adult community sport to promote women and girls to stay involved and take on leadership roles.
Network internationally to establish comparative information and to share experiences.
Establish an international women's research network (through the CDDS?).
Encourage women physical education teachers to become coaches and officials.
Encourage girls to become more confident in taking leadership roles.
Encourage more women into sport science.
Examine personal practices as leaders and role models.

Employment

Monitor appointments and promotions of women via physical education and sport organisations.

Curriculum/Activities

Use self-defence in the curriculum to promote the confidence of girls to enter sport and leadership roles.
Examine the skills content of boys and girls curricular activities to ensure common knowledge.

Information and research

Establish data on current patterns of employment and projected opportunities in future in the leisure industry.
Request that the Council of Europe/Clearing House set up a register of women sport and physical education professionals.
Research good and bad practice examples, including funding of women, job conditions etc.

Representation

Establish a follow up and monitoring group on women and sport in Europe ("Women's Committee") to monitor progress, influence policy and practice and arrange future meetings.
Establish national organisations to promote sport for women.

Topic: Voluntary Positions in Sport

Networking

Support each other, share problems with another woman in a similar role.
Encourage young women into voluntary roles.
Develop links between sports groups for women and other groups for women outside sport.
Develop closer links between voluntary and paid women in sport.
Establish networks/ladders for the progression of women through sports organisations.

Representation and lobbying

Lobby for more female representation.
Link funding to representation on a quota basis.
Ask the CDDS to put these strategies into draft recommendations for the Committee of Ministers so they may then be incorporated into national legislation.
Establish constitutional representation of women in voluntary organisations.

Working practices/Hiring

Help with child-care facilities/resources.
Broaden the basis of women volunteers to include elite women athletes, professional women, young married women, older and retired women, etc.
Clarify the tasks expected of women volunteers, be flexible, share work and rotate jobs.

Promotion and publicity

Publicise and credit successful women voluntary workers.
Use successful women outside sport to inspire and act as role models for women voluntary workers.

Research and information

Establish an international seminar to compare and contrast action strategies adopted by different countries to study them in depth.

Education

Offer courses to train women for voluntary positions in sports organisations, courses which emphasise women's qualities, fit into a timetable which acknowledges women's needs and offer benefits towards paid careers.

Topic: Women in the Sports Media

Representation

Lobby Association Internationale de Presse Sportif for conferences, workshops and seminars and for more women's representation.
Target the IOC Conference to include sport leadership for women via media session.

Publications/Marketing

Promote good images of women leaders via the International Association of Women Sports Photographers exhibitions, posters and leaflets.
Provide the media with strong stories of successful women coaches, officials etc.

Network

Compile a directory of professional women in the sports media to include journalists, promoters, agents.
Use existing local women in the media and promote their careers and pathways to leadership positions.

Appendix
Press release

Council of Europe seminar demands action to develop sports leadership for women

At the Council of Europe seminar: Women and Sport: Taking the Lead, women from thirteen countries today agreed on an action strategy to develop sports leadership for women. The major resolution was that the Council of Europe should institute a [permanent group] on Women and Sport.

The sixty delegates, many of whom hold policy making positions in their own countries, pledged their commitment to take action to ensure that women and sports leadership issues become a top priority for all bodies administering or making policy on sport, whether they are national, international, regional or local.

The seminar, held at Bisham Abbey National Sports Centre, Marlow, from 11 to 14 September 1989, and hosted by The Sports Council, is the first European conference to focus exclusively on women's positions of leadership in sport.

The discussions concentrated on five areas of sports leadership - coaching and officiating, voluntary administration, physical education, paid employment and the mass media.

The delegates recognised that in all areas of leadership there are barriers facing women. Many women are prevented from developing leadership skills and roles by the male domination of sports organisations and by the attitudes of management, colleagues or partners.

The seminar agreed strategies which challenged the governments and sports organisations to change their own working practices to encourage more women to take paid employment or voluntary positions in sport. Delegates heard that the Nordic countries had successfully adopted quota systems to increase women's representation on committees and associations.

Speakers emphasised the need for:

1. flexible working arrangements, including job sharing, flexitime and child care
2. women helping each other by sharing information, setting up networks and giving support
3. special training programmes for women
4. education and training programmes for sports writers and the media
5. better information and research on sportswomen and women leaders

Seminar : Planning the Future of Sport
(Pajulahti, Finland, 25 - 28 September 1990)

organised for the CDDS by the Finnish Ministry of Education.

CONCLUSIONS ADOPTED BY THE PARTICIPANTS

Development of resources for sports policy planning and promotion of interaction with other social sectors.

1. Sport is a complex system of many different subcultures, including competitive sport, non-competitive sport and body conditioning and has physical, mental and social impacts.

2. The following key priorities for sport planning were identified:

    a. Funding

    It is necessary to broaden the economic base of sport. In most member countries, it is unrealistic to expect governments or local authorities to increase public funding beyond the rate of inflation.

    There is a contradiction between the relatively low level of government funding for sport in general and large sums available for certain elite sports from advertising and marketing. Yet it is unrealistic to expect commercial sponsorship money to flow to any large extent into the mass participation field:. particularly if the power of decision-making is to be retained by sportsmen and women. We must accept that elite sport has the right to retain its income and money in sport generally flows from the bottom to the top.

The following devices may serve to bring money into sport:

i. National Lotteries. An agreed percentage of income should be committed directly to sport, not via government treasuries. Sport club lotteries can face tough competition. from national lotteries.

ii. Taxation of profit-making sectors in sport - but there is less guarantee that it will be returned to supplement community sport.

iii. Sponsorship and commercial funding. This is usually available at elite level and to the rich sports.

iv. The CDDS is recommended to ask the Clearing House to make a comparative study of legislative systems governing the state funding of sport. (The study may build upon the information available in the economic importance of sport study).

3. Strategic Planning for sport should provide arguments to, and promote co-operation between, key decision makers in the fields of education, health, culture and environmental or local planning. The process of policy planning, through extensive consultation in these areas, can acquire a wider commitment to the agreed strategy for sport. Planning should concentrate upon ensuring that needs, facilities, skills and opportunities are integrated and co-ordinated across the following sectors: cultural services, health, social welfare, education and local employment.

   The CDDS is recommended to ask the DS-SR to conduct a co-ordinated study examining the interaction of health policy and the social, cultural, and economic benefits of sport, drawing upon information from the Eurofit programme and elsewhere.

4. Voluntary Sport Clubs could be the key agents in provision of sports opportunity despite recent evidence that they are not attracting members at the rate of general increase in participation. Clubs can provide facilities, a good social atmosphere, safe instruction and they can negotiate access to land and facilities. The existence of sports clubs is a sign of a healthy, involved community. Although they have a monopoly of local volunteers, increasingly people choose not to join them because of the time restrictions or the social or the competitive demands they make upon their members. In areas of new housing and of transitory populations, an adequate sporting infrastructure should be introduced. Local authorities should support clubs in their efforts to provide services adapted to the changing demands of different population groups.

   The CDDS is recommended to ask member countries to provide incentives to encourage clubs to be more open to the needs of neighbourhood cultural life; more flexible and more responsible to the needs of potential members, particularly the young and the elderly; more cross-sectoral in their thinking; more innovative. It is not possible to propose a model for an ideal club since it must respond to its local milieu.

5. Skills Education. People responsible for negotiating and developing sports opportunities and managing sports facilities should be given good training in the necessary skills. They should be aware of the need to make sport accessible within local areas whether through new approaches to design, providing space, equipment or, most important, encouraging co-operation by acting as catalysts.

6. Facilities for mass participation should be designed to be multi-purpose and flexible, giving as much scope as possible to serve a wide variety of needs. Special attention should be paid to low-cost neighbourhood facilities designed for sport for all purposes.

7. Natural Environments should be planned in an integrated manner taking account of the requirements of both sport and recreation and conservation interests at the earliest possible stage. In this way potential future conflicts can be avoided (see Recommendation No. R (81) 8).

PLANNING IN THE DEVELOPMENT OF THE CDDS PROGRAMME

Introduction

1. The Seminar:

   a. attempted to draw attention to the most significant factors likely to affect sports policies in the future, based on the excellent papers and reports prepared for the seminar;

   b. stressed the positive values through which sport could help to resolve future problems and dangers;

   c. worked out possible consequences for the CDDS.

2. The basis for the work was the programme objectives adopted by the CDDS in 1990 which in effect constituted a plan.

3. This plan should be reviewed regularly and updated as necessary. If not, the plan would become progressively out of date. The seminar congratulated Finland on proposing this seminar and allowing for an opportunity to study the plan from a future perspective. The seminar stressed that its proposals were in no way meant as an evaluation of the plan, but rather an attempt to provide further complementary elements for the CDDS to evaluate in its revision of the plan.

4. The seminar stressed that the CDDS worked in an environment where bilateral co-operation plays an important part in sports development, and where other international organisations have roles to play. The CDDS would not necessarily be involved in all areas but had a duty to try and ensure that future needs were met by a competent body or bodies.

5. The proposals which follow are based on commonly accepted priorities, have clear objectives and are capable of providing concrete results.

Future priorities

6. The group considered that among future changes most relevant for sport were:

   a. Demography = more older persons = young family units
   b. Society = cellular households, home-based activities = divisions between the rich/the poor = growing mobility and movement of persons
   c. Political = new members for the CDDS
   d. Environmental = growing pressures from the environmental "lobbies"

7. Against these potential dangers, sport should stress its positive values in social life:

   a. well-being
   b. integration
   c. equal opportunities
   d. health

   The voluntary ethos of and in sport, and its democratic structures and traditions, were also arguments to be developed.

Programme proposals

8. The overall priority for the CDDS, in the opinion of the seminar, was to reinforce the implementation of Sport for All (European Sport for All Charter) for a. individuals and b. nations:

   a. Sport for All (Individuals):

   Objective: providing equal opportunities for everybody to take part in attractive sport for all activities.

   Target groups:

   i. Older persons
   ii. Young family units
   iii. People in movement: migrant workers, refugees, etc.

   Means and methods:

   i. Developing low-cost, local (neighbourhood) sports facilities
   ii. Improving physical fitness
   iii. Developing physical education
   iv. Co-operation with other sectors in public administrations.

   b. Sport for All (Nations):

   Objective: integrating new members into the CDDS

   Target New members since 1987
   Possibly help for the development of sport beyond Europe

   Means and methods:

   i. Promotion and development of Sport for All policies and programmes
   ii. Democratisation of sport
   iii. CDDS workshops
   iv. Promotion of Council of Europe Conventions on sport
   v. Bilateral co-operation
   vi. Co-operation with other European or international organisations
   vii. Exchanges, provision of equipment, etc; possibly Foundations.

9. Furthermore, the group recommended that the CDDS and its Bureau should keep under permanent review the "environmental" dangers to sport and see how they might be lessened (for example, through sport and health argument). Developments within the European Communities were bound to affect the future of sport and should be monitored continuously.

DISSEMINATION OF INFORMATION AND MONITORING AS A BASIS FOR PLANNING AND DECISION-MAKING/DEVELOPMENT OF EUROPEAN CO-OPERATION.

1. In order to avoid overlapping and duplication of work in the field of sports information, the seminar stressed that the Council of Europe (CDDS/DS-SI/Clearing House) should concentrate even more on the specific area of sports policy information.

   The DS-SI has three major tasks:

   a. Information collection/analysis and distribution on CDDS priority themes;
   b. Support, advice and help for the development of information activities on national level;
   c. Improving methods of co-ordinating and analysing the information (on some basic items).

   It is strongly suggested that the DS-SI in the near future should pay more attention to the last two tasks.

2. In the light of the just mentioned considerations the working group proposes the following concrete initiatives:

   a. to encourage the DS-SI to speed up its activities to organise an ad hoc meeting with the countries that wish to establish a sport information and documentation centre, or start activities in this direction.
   b. as far as the co-ordinating and analysing of sports information is concerned, to develop the so-called "codex initiative" (introduced in 1989 by CONI) by way of a first attempt to harmonise available information. As a case study, the codex project could start with the topic of sports participation. Based on the experience and the evaluation of the work done so far (through the ad hoc DS-SI working group) a second step could be information on sports facilities.
   c. to pay special attention to the management (collection, analysis, and distribution) of specific and up-to-date information related to the topic "Planning the Future".
   d. to update the Clearing House publication "Sports Structures" in the countries of the CDDS.
   e. the DS-SI (and eventually the CDDS) should reconsider its current working strategies in order to define better/more efficient methods for its programme. For example, it has been mentioned that every country proposing and, later, leading a priority theme should charge its DS-SI member to play a more co-ordinating and activating role as far as this project is concerned.

3. Finally, the seminar recommends that the CDDS, in order to provide sport policy makers with better and more adequate information:

   a. give effective support to their representatives within the Committee of Experts on Sport Information.
   b. invite the member countries to favour the adoption of common criteria for the elaboration of national data on the sport system.

Workshop on Sports Legislation

(Strasbourg, France, 1990)

1. This workshop was organised by the CDDS as part of its programme for mutual co-operation programmes for the development of sport in Europe. Besides the presence of states having acceded to the European Cultural Convention, the Committee of Ministers had, at the proposal of the CDDS, authorised participation by Bulgaria and the USSR, whose experts were paid by the Demosthenes programme.

2. The programme for the workshop was developed by the CDDS Bureau, the Directorate of Legal Affairs and the Directorate of Education, Culture and Sport of the Council of Europe with the following objective:

   Bearing in mind the fact that - as was evident at the 13th meeting of the CDDS and the consultation with invited countries - all the countries of Eastern and Central Europe were, following the historic changes in those countries, engaged in the process of reviewing their basic legislative support for sport, to provide help, assistance and advice in the formulation of a new law for sport that would coincide with the aims of the Council of Europe and the principles set out in the European Sport for All Charter.

3. This objective was carried out by inviting CDDS experts to give presentations of the options used by member states of the CDDS in providing a legislative framework for sport:

   a. Mr Chabert, on the Portuguese Sports Act of 1990

   b. Ms Olinder, on the Swedish model where there is no legislation on sport

   c. Mr Thiolat, on the French joint management system of the Sports Act of 1984 followed by presentations from countries engaged in the process of reforming their basic sports laws:

      Mme B. Voynska, Bulgaria
      Dr K. Zuska, Czechoslovakia
      Dr I. Molnar, Hungary
      Mr A. Szwarz, Poland
      Mr V. Mochenov, USSR
      Mr Resanovic, Yugosiavia

4. These countries had a mixture of unitary (Bulgaria, Hungary, Poland) and federal (Czechoslovakia, USSR, Yugoslavia) constitutions; and of traditions with stronger governmental (Hungary, Poland, USSR) or non-governmental/'confederation' (Bulgaria, Czechoslovakia, Yugoslavia) leadership in sports matters. The objectives, scope and nature of the revised draft legislation therefore varied considerably, and corresponded to the different situations of CDDS countries, especially those represented at the workshop.

5. Discussion in the workshop concentrated on exchanges of views and information on:

   a. systems for providing financial support to sport (fiscal advantages, sponsorship, non profit-making status, grants, tax, lotteries, toto-lotto) and on the distribution of public funds to sport, including sports funds, provision for mass sport and elite (top) sport;

b. systems for reconciling legitimate State interest in sport with the management autonomy which sport should have. Such systems would be decided nationally, (Sports Councils, independent confederations, State Committees, advisory bodies) but depended ultimately on mutual trust and respect;

c. method for developing, encouraging and strengthening the voluntary movement and the work of volunteers in sport. This was considered vital and was linked too with the financial aspects. The 'freedom of association' guaranteed under the European Convention on Human Rights was applicable here, as well as to the autonomy of management.

6. In most countries the economic situation was not encouraging. State budgets were reduced; private profits had not yet arisen; the working week was often so long that no free time was available for voluntary work. There might be a tendency to consider the provision of sport and physical education as a luxury. The workshop agreed that in such circumstances, the adequate provision for sport and physical education was even more of a necessity.

7. The use of existing facilities (for example, in schools, firms, etc) should therefore be encouraged on a full-time basis by other groups as well as those for whom they were originally designed and built.

8. The workshop agreed that the essential purposes of any sports legislation should be:

a. to promote sport for all
b. to promote sport practised ethically
c. to promote sport practised safely
d. to provide opportunities for the practice of sport at all levels
e. to promote voluntary work in sport
f. to enable sport to be managed autonomously with harmonious relationships between the state and the sports movement.

9. Other conclusions or proposals from the workshop suggested:

a. the desirability of including a right to sport in the European Convention of Human Rights;
b. the desirability of updating the European Sport for All Charter and, possibly, preparing a European Sport for All Convention;
c. the importance of governmental/non-governmental relationships in the future as stressed in the Paris Summit 'Charter for A New Europe';
d. the role of Council of Europe recommendations and sports ministers' resolutions in providing a common basis for converging policies;
e. the preparation of basic legislation for sport (loi-cadres/framework laws) necessarily implied the elaboration of implementing instruments (decrees, regulations, etc) which was often an even more lengthy process,
f. the need for sport to bear in mind not only its 'rights' but also its obligations (for example, environmental, social).

Workshop on Sports Management Training

(Berlin, Germany, 1991)

CONCLUSIONS

1. Following a decision of the CDDS Bureau (September and December 1990), this workshop was organised with the help of the German Federal Ministry of the Interior and of the Willi-Weyer Akademie of the German Sports Federation, Berlin. The organisation of the workshop was, in all respects, entirely satisfactory.

2. The workshop was specifically conceived for countries from Eastern and Central Europe in order to supply them, when re-organising their sports structures, with relevant information on sports management in Western Europe and particularly on the way clubs are run on a voluntary basis.

3. Lectures were given on the following subjects:

   Democratic processes in sports organisations :
   Dr W Preising;

   Basic principles of voluntary management : the sports club system :
   Mr F R Imesch;

   The Sport Law in Portugal: Means to build up a modern sports system:
   Professor A Mirandela Da Costa

   Sport in the Community: the role of the local authorities and the private clubs:
   Mr I Davis

   Marketing and sponsoring as means of sports clubs strategies:
   Mr W Freyer

   Development of a marketing conception for a club: practical exercises:
   Mr W Freyer

4. The programme included a visit to the former Army Sports Club in Potsdam (in the former GDR), now turned into a sport club based on the Western model.

5. The closing discussion was run in a very informal manner and thus, loosened the tongues: some interesting ideas and proposals were put forward:

   a. the instability of the social, economic and political environment is discouraging and makes it difficult to introduce changes;

   b. and still, real changes are needed, and not a mere succession of reorganisations;

   c. the change has to be provoked from the interior by people who act as "agents of the change" and stimulate changes thanks to a sound knowledge of new sports models and sport structures;

d. this knowledge should be delivered by Western experts in the framework of seminar/workshops to be held in the countries concerned, (Eastern and Central Europe) which could allow for far more people to benefit immediately from this knowledge;

e. such workshops have to be carefully prepared, possibly with the participation of a representative from the country where it is to take place so as to take into account the particular needs of this country.

f. one representative from each of the other Eastern and central European countries should be able to join such workshops in order to participate immediately after the workshop in the preparation of the next workshop (in the framework of a small working party).

g. the courses should concentrate on a few essential items and emphasise simple, concrete and feasible approaches - offering concrete examples;

h. participants very much appreciated the practical exercises: faced with a concrete situation, the trainee realises that s/he has the capacity to solve the problems with the help of the new techniques offered to him. Such methods are motivating, favour team work, contribute to eliminating barriers due to timidity or other reasons and hence facilitate the discussion.

i. the trainees very much appreciated the techniques of modern pedagogy used by the lecturers and also the informal approach, visual support, and the few elements of group dynamics (which should take a more important part), the concentration of concrete examples and personal experiences;

j. Finally it might be useful to work out a model course on loose sheets.

Workshop on the Financing of Sport

(Strasbourg, France, 1991)

1. This workshop was organised by the CDDS as part of its programme of mutual assistance - "For a Modern Sport" - designed for the new members of the CDDS. In addition to the invitations addressed to the thirty states having acceded to the European Cultural Convention, the Demosthenes programme paid for participation by experts from Albania and Romania.

2. The programme for the workshop was developed by the bureau of the CDDS, with assistance from the Clearing House and the Directorate of Legal Affairs. The objectives of the workshop (which had followed the workshop on sports legislation organised in November 1990) were to provide information and suggestions on methods and structures for financing sport, bearing in mind the transition in the new member states of the CDDS from centrally planned to market economies. Priority subjects chosen were:

a. Direct public support for sport
b. Indirect public support
c. Sport aid foundations
d. Taxation and sport
e. Private/commercial support.

3. The workshop started with a joint session with the members of the CDDS research project group on "The Economic Significance of Sport" which allowed for an appreciation of the economy of sport in general and the context of financing sport.

4. The papers given in the course of the workshop present a wealth of information which will need to be assessed and the points of interest evaluated for and in each country. Some pertinent common matters should be extracted by the CDDS and brought to the attention of the sports ministers.

5. Though it was not the purpose of the workshop - as a forum for the exchange of information - to prepare conclusions or recommendations, the Secretariat noted some points which seemed to recur or to have special significance:

   a. Whereas there was widespread interest and support for sport by public authorities, levels of public funding for sport were often either stagnating or decreasing in real terms. In the Eastern part of Europe, public financial support was often in dramatic decline.

   b. Local authorities were often by far the main source of public funds and were crucial in providing facilities and support for clubs. When local authorities were in financial difficulties - as they are in many member states - the effect upon sport would be serious and particularly for future capital expenditure plans.

   c. Public lotteries were a major source of funds for sport in many states, on the basis that revenues generated by gambling on sports events should in part return to sport. The consequences of the common internal market for sports funding through lotteries merited close attention.

   d. The spread of sponsorship income through sport should be widened. It was vital for sport to control sponsorship, and for sport to have its own marketing experts and to carry out its own marketing. This implied appropriate training, recruitment and growing professionalism within sport.

   e. The switch to market economies would increase taxation on sport. Full and equitable tax regimes in the field of sport - recognising the cost to the state of paying for this social utility from the voluntary sector - would include according sport an appropriate form of charitable status; not penalising ancillary economic activities; recognising the specifics of professional sportspeople's income earning; and ensuring that sport should have its own trained taxation experts.

   f. The tendency for the voluntary sector to become more professionalised (sport either as a public or as a commercial service, with remunerated officials) reflected a swing away from membership of a traditional sports club as the mainstay of participation. However, in some countries, work in the voluntary sector was growing both in numbers and in status.

CDDS Workshop on "Implementing the European Sports Charter"

(Strasbourg, France, 12-13 November 1992)

CONCLUSIONS

Held as part of the mutual assistance programme, the workshop provided an opportunity to review the key aspects to be considered in the implementation of the European Sports Charter.

In accordance with the declared objectives of the assistance programme, the Seminar - thanks to contributions from both the "old" member countries and the new ones - came up with a wide range of possible solutions (without favouring any particular option) and enabled the participants to gain a better understanding of the difficulties and aspirations of the countries of Eastern and Central Europe.

By Way of an Opening

This meeting fits in with the Council of Europe's policy and efforts to "normalise" public life in the new member countries on the basis of values now shared by the enlarged Europe.

It forms part of the priorities of the CDDS, which are: assistance to new members ; the economic aspects of sport in society; monitoring of the implementation of the European Sports Charter and the Code of Sports Ethics; information policy and strategy; and implementation and development of co-operation with the European Community.

The workshop rounds off the series of CDDS mobile seminars. By taking a highly pragmatic approach, these prepare the ground for applying certain articles of the Charter, eg. Article 3 concerning organisation of the sports movement, with necessary structures of participation, management and leadership. The seminars are not intended to promote ready-made solutions but to foster a desire to react independently to a given situation and combat the indifference and inertia of established positions.

Implementation of the European Sports Charter should be guided by the following principle:

the objective to be attained is **sport for all, ie an ethical safe and healthy form of sport** for everybody.

It is not for the Council of Europe to impose a given national sports structure on member countries, but it is worth pointing out that, pending legislative reforms, much can be done at political levels, in the broadest sense of the term.

For instance, it is quite possible - and worthwhile - to encourage voluntary activity at every opportunity as a basic means of participation while and bearing in mind the importance of sport as a school for democracy.

It is also important to specify the real place and role of public authorities in sport. Disillusioned by the old regimes where sports structures were under absolute State control, some of the new leaders are inclining towards fully self-financed sport. Another priority is to develop the democratisation process within sports structures themselves.

As for political means in the strict sense, we must remember that national parliaments as well as local and regional authorities can help in the difficult task of reorganising sport in a balanced manner and there is every reason to call on their assistance.

Account of the Workshop

CONCLUSIONS

"Grandfathers and grandmothers, the time for the rocking-chair is gone!" What better illustration could there be of the very essence of the concept of sport for all?

Although a wide range of views were expressed at the workshop, it is possible to draw a few conclusions. The workshop gave various examples of the hundreds of different ways of implementing the Charter or, initially, some of its articles. Thus following points were highlighted :

a. sport as a public service:
by clarifying this idea, the Charter points the way forward;

b. the place of "sport for all" :
the concept being construed as defined in the Charter and with all the opportunities it offers the emergent voluntary movement to prove its worth, eg by encouraging private initiatives even when they are not subsidised by the public authorities;

c. the need to co-ordinate governmental measures
between different ministries and decision-making levels (central, regional and local) as well as through full use of the scope offered by parliamentary action.

Among the various practical examples given or approaches suggested, the following should be mentioned :

a. the Hungarian Parliament's resolution on sport's role in society,
b. the possibility of using the Charter as an argument in negotiations with authorities,
c. the use of case-studies (such as those mentioned at the Copenhagen Seminar) as possible models to be followed,
d. co-operation prospects offered by municipality twinning schemes,
e. the drawing up by new member countries of lists of problems encountered or initiatives taken with a view to wider discussion thereof within the CDDS,
f. the creation of a small working party with in particular responsibility for monitoring these questions,
g. keeping the subject of the Charter's application as a permanent item on the CDDS agenda,
h. conveying to the Council of Europe authorities the Albanian delegates' request to include physical education and sport in the Council of Europe's aid programme for Albania,
i. development of sport for women.

1st Consultative Meeting on Sports Legislation

(Prague, Czech Republic, 31 March-1 April 1993)

SUMMARY REPORT

OBJECTIVES OF SPORTS POLICY

1. agreed to be as in the European Sports Charter (foundation; participation; performance; top-level, professional), within an ethical, safe and healthy environment available to all
2. generalised drop out in participation amongst young people and a decline of availability for voluntary work (these phenomena are at work in other areas of social life/leisure time).
3. Sport's contribution to the economy; the need for sports organisations to have balanced incomes (public subsidies, sponsorship, own resources); the desirability of some tax exemptions recognising sport's role in social life.
4. legislation for sport could confer prestige and protection; it could be general or specific; sports organisations could be protected under laws of association and/or NGOs.
5. facilities are necessary for participation, but 'sport for all' programmes did not need costly investments. More important than facilities was the need to encourage appropriate attitudes to sports participation, and developing a positive image for sort.
6. difficulties in composing national teams in the new circumstances
7. the need to respect the independent sports organisations while trying to develop a co-ordinated and harmonious approach to sports development, and to create partnerships for this.
8. project management was to be preferred to "planning", which had historical connotations inappropriate to the present situation.

JOINT STATEMENT

of the participants of "Informal Meeting of Council of Europe representatives with the representatives of the Czech Sport" for the purpose of promoting the European Charter of Sport in the Czech Republic

The Council of Europe was represented at this meeting by the Bureau of the Committee for the Development of Sport (Mr D Casey, Chairman) and by the Sub-Committee on Youth and Sport of the Committee on Culture and Education of the Parliamentary Assembly (Sir Russell Johnston, Chairman).

The state administration was represented at this meeting by the Ministry of Education, Youth and Sport of the Czech Republic (Mr J Belohlávek, Vice-Minister for Youth and Sport), Ministry of Finance of the Czech Republic and the representatives of the district authorities and local educational authorities.

The civic associations were represented at this meeting by the Czech Union of Sport, Czech Sokol Association, Association of Recreation, Sport and Physical Training, Association of Sport Clubs and United, Association of School Sport Clubs and Czech Association of Academic Sport, and the others.

1. a. Representatives of the Council of Europe

   i. stressed the importance of the European Sports Charter as one of the forms of assistance of the Council of Europe to the countries of Central and Eastern Europe aiming at their reintegration into Europe and its relevance for increasing democracy and humanity in sport;

   ii. noted with satisfaction that there is an interest among the representatives of the sport organisations in the Czech Republic in the European Sports Charter and an effort to promote it.

   b. Representatives of the Sports Organisations in the Czech Republic

   i. appreciated the interest of the Council of Europe in sport and physical training in the Czech Republic and expressed their determination to support the promotion of the European Sports Charter in the Czech Republic;

   ii. informed the representatives of the Council of Europe about the main problem areas of sport and physical training in the Czech Republic at present and about their enthusiasm for the European Sports Charter.

2. All participants of the meeting agreed that the crucial tasks in implementing the European Sports Charter in the Czech Republic are as follows:

   a. creation of suitable conditions for close co-operation of various organisations and institutions responsible for sport at national, regional and local levels;
   b. broadening of participation by all sections of the community in Sport for All;
   c. observing the moral principles formulated in the Code of Sport Ethics, especially in the area of sport of young people, competitive and high-level sport.

3. The participants will try to support the following tasks within the limits of their responsibilities and possibilities:

   a. The Council of Europe is already monitoring the implementation of the European Sports Charter as Recommendation No. R (92) 13 of the Committee of Ministers to the governments of member states.

   i. will continue to support the Government of the Czech Republic to promote sport and physical training in the Czech Republic in the spirit of the Charter,
   ii. will continue to support the development of sport and physical training in the Czech Republic in the framework of the CDDS programme of mutual co-operation (SPRINT).

   b. Ministry of Education, Youth and Sport will:

   i. create the necessary legislative background for sport and physical training,
   ii. support, in co-ordination with other government bodies and lower organs of state administration, the activities of sport organisations and create the conditions for the development of Sport for All at community level,
   iii. facilitate the conditions for the equal access to sport and physical training opportunities by all groups of population.

c. The civic sport association will:

   i. cooperate with local authorities in the development of "Sport for all" programmes,
   ii. observe in their activities the moral principles of the Code of Sport Ethics,
   iii. support talented people in sport and look after appropriate sport representation of the Czech Republic.

4. All the Czech sports and physical education authorities and representatives of the sport organisations are convinced that further discussion about the implementation of the European Sports Charter in the Czech Republic will be very useful and must be the main theme of the next Czech Sport Conference.

Regional Workshop on Sports Lotteries

(Tallinn, Estonia, 5-7 July 1993)

SUMMARY REPORT

1. Organised on behalf of the CDDS by the Estonian Central Sports Union and the Sports Department of the Ministry of Culture at the Tallinn Olympic Yachting Centre from 5 to 7 July 1993, the workshop brought together 30 experts from 17 member countries.

2. The workshop took place when a number of member countries, both new and old, are in the process of setting up sports or other lotteries or revising the legislation which for some years have been important in contribution to the financing of sport. The workshop was designed to enable participants to exchange ideas, information and queries and thus to encourage discussion and learning. The sessions were chaired successively by Messrs Odd-Roar Thorsen (Norway); Tomas Johansson (Sweden); Prof Leo Vôhandu (Estonia); George Walker (Council of Europe).

3. Building upon the first exchange of views on lotteries which took place during the 1991 Strasbourg workshop on the Financing of Sport, participants were given a general overview of lotteries, and sports lotteries in particular, by the Clearing House. This exhaustive survey, analysed with care and skill, brought out:

   a. the wide_variety in gambling in member countries (betting customs, types of wager, amounts of bets, types of lotteries, the costs of administration, the amount taken in tax or licence, the amounts given to sport and the way these amounts came to sport). For example, the amount taken in tax varied between 0 and 55% of turnover; the amount of profit which went to sport between 4 and 100%;

   b. the broad similarity of regulation by government, through legislation, except in Estonia, where there was no controlling legislation; and of prizes, which were usually 50% of receipts; most lotteries either had or were in the process of adopting on-line management and pay-out systems, with consequent administrative economies.

4. Despite the amount of experience available from successful lotteries, a number of relatively less successful lotteries had been introduced recently. Careful market research beforehand was a prerequisite for success. Such research should continue permanently, as the public was continuously changing its preferences and tastes.

5. A number of contrasts were apparent on the one hand, the popularity of bigger - sometimes international - lottery prizes (eg the Viking lotto); on the other hand, the success of some local

lotteries, often operated by sports clubs themselves. On the one hand, the success of some local lotteries, often operated by sports clubs themselves. On the one hand, governmental (or quasi-governmental) lotteries still had a dominant position; on the other hand, a growing number of private or even purely commercial lotteries were taking an increasing share of the market.

6. These new lotteries were not always required to contribute to funding sport from their profits, and as lotteries moved away form their traditional basis - forecasting results from the sporting world - the special relationship between sport and lotteries was threatened. Traditional monopoly companies might find it helpful to develop new products in order to maintain their leading role.

7. New information and telecommunication technologies and possibilities were undermining traditional lottery legislation, and organisation, and betting patterns. In particular, they could lead to the end of the usual national or territorial limits to lotteries.

8. Confronted with alternative outlets for betting money, state lotteries were faced with new challenges. Even bigger prize money posed a threat to lotteries organised individually by nations with relatively small populations. Inter-state co-operation agreements would probably become more common.

9. The forthcoming judgement from the European Court of Justice would help indicate more clearly some paths for future development. Meanwhile, it seemed that, for a wide variety of intractable reasons, lotteries were inevitably becoming more and more internationalised, and that national regulations, still absolutely vital, should take account of this.

10. In this constantly changing situation, participants considered that the basic question for sports policy makers in the CDDS, and possibly for Sports Ministers at their forthcoming informal meeting on Sport and Money, was:

    how to ensure that sport continues to have access to a reasonable proportion of the profits generated by lotteries?

    Linked to this was the question of what was a reasonable level at which tax on sports lotteries turnover should be fixed? A lower level of tax would result in more money being made available by the public sector for sport.

    Some participants wished Ministers also to take measures to ensure that state monopoly lottery companies kept their position.

11. Participants also considered that the CDDS could usefully study ways in which governments ensure that lottery money for sport was well used. Sport covered a very wide variety of possible destination, and governments should be concerned that such money was well spent.

CDDS Consultative Meeting with Albanian Sports Authorities
(Tirana, Albania, 7-8 July 1994)

(Texts are reproduced in their original version, without translation or correction)

Honourable Mr President
Honourable gentlemen of the CDDS
Honourable Your Excellency, Minister of Culture, Youth and Sports
Honourable ladies and gentlemen, participants in this seminar

It is a special pleasure and honour to me to declare open this International Seminar, the first of this kind and level about Sport in the entire history of the founding and development of Albanian Sport, thanking deeply and sincerely the CDDS for its concern, good understanding, predisposition and materialisation of its technical assistance to our Sport at these both hard and new moments in the restructuring and deep reformation of our Sport.

On this occasion, I would like to emphasise the great and concrete assistance and support of this Committee to the qualification of many of our cadres through the first stage of the Seminar financed by the CDDS and directed by Mr Imesch on direction and management in Sport, the participation free of charge in many Seminars organised abroad and in putting in our disposal their magnificent materials, such as the European Sports Charter, the Code of Sports Ethics, the European Convention against Doping in Sport, the European Convention against Violence in Football Matches which, unfortunately, are presented for the first time with delay to the Albanian Sport Managers.

Likewise, we greet the wise CDDS initiative in holding such Mobile Seminars in various countries where the possibility of actualisation and profit for the participants is broader.

Following the profound political transformations, Albania is actually passing through a period of great and dynamic social changes and, in order to understand, cope with and solve correctly our orientations in Sport it is necessary to study and analyse the experience and corresponding structures in the field of Sport and Physical Education in Europe.

Well-known is the fact that the previous model of Sport organisation and functioning was completely integrated with politics and under the rigid state control and management. The main and the only financial source was the state budget. The activity of sports clubs depended a great deal on the sport federations which, on their part, together with the shadowy Olympic Committee were under the control and direction of the Ministries and, that was a clear expression of centralisation and politicisation of sport management with us.

The deep political changes led to a new period of the search for and enhancement of democracy and of the endeavours for introducing market economy in Sport as well.

These endeavours led to the consolidation and emergence of the Albanian Olympic Committee, for the first time, as a non-political organisation which took upon both the state and Olympic Management of the federations, sports clubs and of the whole Sports movement in Albania, surely in imitating CONI of Italy, attempting thus to introduce the first elements of the organisational and financial pluralism in Sport with us.

The organisational evolution of our Sport is clearly and accurately stipulated through Decision no 20 of the Council of Ministers dated 24.01.1994 on "The Division of the Albanian Olympic Committee and establishment of the state structure of physical education and sport" in Albania which, really and for the first time, based on the principle of decentralisation, brought about genuine possibilities for realising organisational pluralism in the functioning and financing of our Sport.

The Olympic Committee, as a non-state organisation, relying on the Olympic Charter and its Statute, is already considered by the state structure of sport as a privileged consultant and collaborator in the elaboration and carrying out of our country's sports policy.

In this context, the sports federations and clubs, attain a far wider autonomy both concerning the organisational aspect and the technical and financial one.

The abandoning of, the "sport state" pattern with the model of sports associations on a voluntary basis, the introduction of the principle of competition and free economic initiative, backing of clubs, federations and teams by new sponsors, the free movement of sportsmen and coaches, decentralisation of the ownership over sports premises and grounds and the emergence of the first elements of privatisation in the field of sport, the concern and setting in motion of local government, the increase of financing and specially of indirect and private financing, legitimisation of the status and regulations of the sports federations and clubs, the introduction and development of some new sports, the beginning, following a drastic fall, of a rise in interest and popularity of local and national sports activities as well as a tendency of reevaluation by the Government of the values of sport in the human, cultural and social plane, constitute some of the new positive elements and phenomena of our democratic reality.

Anyway, realising the fact that in our reality sport cannot constitute a priority of our actual society, we have to admit that the economic situation of the clubs, federations and of sport for all in particular, puts a question mark to the existence of clubs and federations, and especially to the fulfilment of their international obligations, leading to a decrease in sports results and to the migration of many young sports talents.

Likewise, the pronounced lack of financing by the state for investments in the construction and maintenance of sports premises and grounds, is bringing about their degradation and non-functioning.

In this aspect, we will try and would demand from the Government a more concrete backing to the abolition of the income tax on sports revenues, to the creation of fiscal facilities in instigating sponsorisation and regulations by law, in conformity with the international practice, of the relations of sport with our television.

Under this highly difficult and complex situation, we would judge of priority to us the making of the first Sports Legislation of Albania as the fundamental conditions to re-evaluate, on a legal basis, the place and role of sport in a genuine democratic society.

We consider that this problem, along with our efforts, will require an international co-operation and, in this case, a juridical technical assistance from the legal experts of the CDDS would be appreciated by us as necessary and useful, a thing which would surely lead to a fuller and accurate integration, based on their evaluations and experience, of the legal sports culture in Albania with the sports Legislation of Europe.

Finally, considering this meeting as an ideal opportunity for the exchange of opinions and taking advantage of the rich experience and deep knowledge of the lecturers, allow me to express my full conviction in its success in becoming acquainted and changing of the mentality of management in all levels of our sport.

Thank you!, Vice Minister of Culture, Youth and Sports, Dr Vesel Rizvanolli

Synopsis

PARTICIPANTS

3 members of the Assembly, 5 members of CDDS Bureau, Sports Ministers, Directors of Sports departments + 60-80 Albanian sports leaders

OBJECTIVES

Advice on sports reform and legislation in Albania

GENERAL ASSESSMENT

The hearing enabled the Council of Europe experts to comment on the organisational and financial reforms in sport recently introduced by the Albanian government, notably by separating the public sector administration for sport from the Albanian Olympic Committee, as advocated in the European Sports Charter.

Following the substantial cuts in state financial support for sports organisation, the experts provided advice on matters concerning sponsorship, marketing, television rights, etc. and gave examples of fiscal advantages and other tax benefits.

The general state of sports facilities and the need for new approaches to management, including privatisation, were examined in detail.

The advisability of preparing an up to date general law on sport was stressed.

The hearing provided an opportunity of lively debate and questioning between the Albanian Vice-Minister responsible for sport and leaders of sports federations and clubs. As an exercise in transparency and democracy it was helpful and the concordance of advice from the experts helped convince participants that reforms in their country were similar to those underway elsewhere in all parts of Europe. The experience of Hungary was considered particularly relevant.

FOLLOW-UP

To be decided

CDDS Consultative meeting with Hungarian Sports Authorities

(Budapest, Hungary, 20-21 October 1994)

Synopsis

PARTICIPANTS

2 Parliamentarians, 6 members of the CDDS Bureau, Hungarian State Secretary for Sport,
4 Hungarian Members of Parliament, Directors of Hungarian Sports Departments, 40-60 Hungarian Sports Leaders, 2 CDDS observers from Slovenia, a number of journalists.

OBJECTIVE

Advice on sports legislation and sports financing in Hungary.

GENERAL ASSESSMENT

1. The hearing enabled the Council of Europe experts:

   to suggest and comment on the principles to be proposed in the draft Sports Law;
   to dialogue with Hungarian participants on problems affecting sport - future financing; ownership and management of sports facilities; the role of lotteries; tax advantages for sports events, clubs etc; sponsorship.

2. It enabled Hungarian parliamentarians and other participants to ask a wide range of questions on sport to the "panel" and to the State Secretary.

3. There was a large measure of consensus on the need for a new Sports Act. Finding parliamentary time would be a problem.

4. Coverage in the written press was extensive.

FOLLOW-UP

Further hearings are planned in 1995.

CDDS Seminar on Sports Legislation

(Malta, 18-19 May 1994)

PRESENTATION AND OUTCOME

The Malta Seminar on sports legislation, organised by the Maltese Authorities on behalf of the CDDS of the Council of Europe was opened on 18 May 1994 by the Maltese Minister for Youth and the Arts, Hon Dr M A Refalo at the Corinthia Palace Hotel in the presence of 41 participants from 25 European countries. He set the frame for the discussion by recalling that the Seminar was part of an effort of the Committee for the Development of Sport (CDDS), to help with the progressive implementation of the European Sports Charter in all 38 member countries.

Chief Justice Professor G Mifsud Bonnici gave a general introduction to the subject on the basis of his twofold experience as a former member of the UEFA disciplinary Committee and as Judge of the European Court of Human Rights. He presented a well documented tour d'horizon of the problems that can arise between Sport Law and General Laws, recalling that sports organisations were based on the free association of individuals and that every sport was a self-sufficient system of law where rules predominated.

Chaired by Dr Frits Hondius, Deputy Secretary General of the Commission Internationale de l'Etat Civil, the Seminar dealt with three major subject areas:

1. "On the boundary of General Law and Sports Law" subject introduced by Professor H van Staveren (Vrije Universiteit Amsterdam)

2. "Sport and Media" introduced by Mr W Verlinde (Head of the Sports Programme Division, EBU)

3. "Trends in Europe" with particular emphasis to the new member countries, introduced by a case study from Bulgaria by Mr P Krastev.

At the end of the two days discussions the Chairman presented a summary of questions raised during the seminar and deserving further examination:

1. Bearing in mind the need to respect the autonomy of sports organisation, the responsibility of central, regional and local government with regard to developing sport could be further articulated in general and specific laws;

2. Sports events which form the content of television broadcasts are increasingly regarded as purely commercial products. Such a trend trivialises the human and cultural dimension of sport and television. The defence of these values requires the full attention of the competent Council of Europe bodies.

3. Present developments in the media and advertising pose problems to the survival of the smaller sports, purely amateur sports and sports practised at local level. The enhancement of the legal protection of these sports requires special attention.

4. Having regard to the need for harmonisation and co-ordination between the regulations of the international sports organisations and the ordinary law, it is proposed that these regulations and their conformity with general principles of law should be more closely examined.

5. The Clearing House is commended for its very useful surveys of Sports Legislation and asked regularly to update them.

On the basis of these data and those gathered and exchanged in other for a, comparative study should continue under the auspices of the Council of Europe on models of Sport Law notably:

a. general sport laws,

b. other laws having a direct impact on the sport, such as law governing civic associations and other Egos, and fiscal, lottery and sponsorship laws.

While these studies are of importance to all European countries, they are especially useful for those countries which have recently undergone fundamental political changes.

The guiding principle for all action outlined above should be respect for sport for all as an essential element of Human Rights, and as the Council of Europe's fundamental sport objective.

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The participants thanked the Sports Division of the Maltese Ministry for Youth and the Arts and the Council of Europe for a perfectly organised seminar and paid tribute to the intellectual input, the practical arrangements and the generous hospitality.

Given the importance of the subject and the continuous evolution in this field it was felt that a follow up seminar would be very welcome in the not too distant future.

Social Significance of Sport

Sport and Health - Current Scientific Evidence and Policy Implications

POSITION PAPER

drawn up by Ilkka Vuori and Peter Fentem[8]
with the collaboration of B Ekblom, J Haulicà, I Rubana, L Andersen, B Stromme, R Felten, P Oja, R Mattila, A Formosa.

'Sport for all' and health - a summary of the implications of the current scientific evidence

The potential benefits of Sport

Definitions:

Sport is defined as in Article 2 of the European Sports Charter. " 'Sport' means all forms of physical activity which, through casual or organised participation, aim at expressing or improving physical fitness and mental well-being, forming social relationships or obtaining results in competition at all levels". This review considers on all sports, but it focuses particularly on leisure activities and active recreational pursuits which involve periods of sustained rhythmic dynamic exercise where locomotion is a major element. In this review physical activity, exercise and sport are used as interchangeable terms.

Health is treated as a human condition with physical, social and psychological dimensions, each characterised on a continuum with positive and negative poles. Positive health is associated with a capacity to enjoy life and to withstand challenges; it is not merely the absence of disease. Negative health is associated with morbidity and, in the extreme, with premature mortality.

Fitness is the ability to perform muscular work satisfactorily (WHO 1968). It can be directed towards either of two goals, performance or health.

Health-related fitness refers to those components of fitness that are effected favourably or unfavourably by the habitual level of physical activity and relate to health status. It has been defined as a state characterised by (a) an ability to perform daily activities with vigour and (b) a demonstration of traits and capacities that are associated with a low risk of premature development of diseases and conditions associated with habitual physical inactivity. A test battery for the assessment of health-related fitness of adults is being designed by the Council of Europe's expert group. This Eurofit for Adults test battery comprises tests for four dimensions of health-related fitness: aerobic, musculoskeletal and motor fitness.

1. The quality of the evidence

There is a growing mass of evidence concerning the relationships between physical activity in leisure time and health. This evidence has been analysed rigorously by a number of expert groups, acknowledged to be substantial and to be sufficiently strong that it can be used to inform the setting of public health policy and population strategies. It serves as an excellent basis for individual counselling and advice regarding participation in all forms of active recreation.

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[8] Respectively Professor of the UKK Institute in Tampere (Director) - (Finland), and Professor at the Nottingham City Hospital Trust, Department of Medicine, Division of Stroke Medicine -(UK).

2. The nature of the evidence

What evidence is available is based upon observational, experimental, clinical and epidemiological studies. Within the limits set by the methods employed there is a consensus among scientists belonging to various relevant disciplines that appropriate regular physical activity can influence health favourably.

3. Benefits for the individual

Regular physical activity can substantially enhance and maintain functional capacities, preserve structures, and counteract the deterioration which occurs with age and inactivity in so far as it effects:

a. skeletal muscles – power, strength, and endurance
b. motor function – agility, balance, co-ordination and speed of movement
c. the skeleton and joints – joint structure and function, flexibility, bone density
d. cardio-respiratory function – aerobic power and endurance
e. metabolism - carbohydrate and fat.

4. The influence of age and health status

These benefits are available to people of all ages, from childhood to old age, those who are well and those with chronic disease or disability.

5. The significance of enhanced individual health-related fitness

Adequate fitness from regular physical activity translates into increased physical performance, physical and psychological self-sufficiency and independence and contribute to the perceived quality of life.

6. The effect on chronic diseases and biological risk factors

Regular exercise has been found to be associated with the lower occurrence of many common diseases: musculo-skeletal, metabolic and cardio-vascular diseases including osteoarthritis, osteoporosis and osteoporotic fractures, non-insulin dependent diabetes, obesity, including metabolic syndrome, arterial hypertension, coronary artery disease, stroke and peripheral vascular disease.

Several biological characteristics have been found to predispose to the diseases in the list above and have become regarded as so-called risk factors. It appears that the effects of physical activity are mediated through its action on these factors by reducing their influence. It is probable that this is the way that participants avoid the deleterious effects of these risk factors, aerobic capacity, low muscle strength, reduced bone density, obesity and especially central obesity, inappropriate blood insulin level and cellular insulin sensitivity, raised blood lipids, abnormalities of blood coagulation and fibrinolysis and raised arterial blood pressure.

In general, individuals at the increased risk can anticipate the greater health benefit from physical activity than those at low risk. Thus, the favourable influence of physical activity on biological risk factors is best seen in middle-aged men but it can be seen already in children and young adults.

7. Evidence requiring further confirmation

There is a further group of conditions for which moderate levels of physical activity may offer health benefits. For this group the scientific evidence is weak or at best only of modest strength. This group includes decreasing the risks of depression, mechanical low back pain, some types of cancer, especially colon cancer, and perhaps cancers of the female reproductive organs, susceptibility of infection with acute respiratory viruses. More research is needed to discover whether physical activity is causally related to the appearance of these diseases, and to define the extent of its role in their prevention.

Participation in physical activity may have stimulating effects on cognitive function in children and other groups. It may decrease the likelihood that 'harmful' habits will be adopted or continued, eg. smoking, and it can favourably influence dietary habits and nutrition. The evidence is insufficient to draw conclusions regarding the eventual health-enhancing potential of physical activity in these respects.

8. The characteristics of physical activity which enhance health

The patterns of physical activity which have favourable effects on the conditions listed above and on most of the risk factors for these diseases and conditions have been identified. This knowledge is sufficient to warrant the formulation of prescriptions of activity which cause improvements in most of the components of health-related fitness and biological risk factors.

9. Effective forms of exercise

Suitable regimes need to be specified in terms of the type of activity, its frequency, duration and relative and absolute intensities. The many benefits can be attained by the same general activity schedules. The basic characteristics of the recommended activities are that they should involve large muscle groups, impose more than a customary load and require a substantial increase in energy consumption. In practice this means taking frequent, daily if possible, sustained rhythmic exercise of most major muscle groups for at least 20-30 minutes. Brisk walking fulfils these minimal requirements in most adults. If this is complemented by other activities to exercise the muscles of the trunk and upper body then most adults will improve. Many forms of sport and active recreation involve vigorous exercise. These activities confer greater health benefits always provided that they are performed regularly with suitable preparation.

These principles have already been incorporated into US Public Health policy; the recent recommendation for health enhancing physical activity by the American College of Sports Medicine (ACSM), Centers for Disease Control and Prevention (CDC) and the President's Council on Physical Fitness and Sports (PCPFS) (1993) states: "Every American adult should accumulate 30 minutes or more of moderate-intensity physical activity over the course of most days of the week. Regular participation in physical activities that develop and maintain muscular strength and joint flexibility is also recommended".

10. Safety of health enhancement through sport

Evidence from national surveys as well as from epidemiological and clinical studies indicates that the incidence of acute and overuse injuries as well as of cardiac and other complications is low when physical activity is practised along the lines of the recommendations above. Thus, basic health-enhancing physical activity is safe. The risk increases if participation in exercise is erratic or taken at an intensity or frequency or for a duration which is much higher than is customary for that individual. The risk of all injuries and complications also increases rapidly when the exercise is performed at high speed, when it requires great power or skill and when there is a high risk of collision or body contact. Thus the high incidence of injuries and complications in some sports seriously limits their promotion as health-enhancing forms of physical activity. The unsupervised use of pharmaceutical substances by individuals engaging in active leisure pursuits and sports should be discouraged and is generally to be considered harmful. However there are individuals who would be unable to take part in exercise for their health unless they take medicines under supervision. Doping in sport is always a serious health hazard.

11. Health Economics of sport

Evidence on this aspect is scarce and incomplete. There is some reliable evidence suggesting that the adoption of a sedentary lifestyle leads to substantial individual and social costs.

Data derived from well-planned and well-conducted work-site health promotion programs emphasising physical activity suggest that increased physical activity of the work force can lead to decreased health care costs, reduced absenteeism and greater vigour at work place.

12. Feasibility

Data from population surveys shows that ball games and other sports are most popular among children, adolescents and young adults. For older adults recreations involving locomotion, eg walking, running, cycling, skiing and swimming are increasingly popular and are the most popular activities from middle-age onwards. Most people who are regularly active report that their activity enhances their mood and well-being. These immediate subjective experiences are reported to be the main driving force. These findings suggest that effective enhancement of health through physical activity is feasible

13. Current levels of physical activity

However, only a minority of people in most if not in all European countries meet the activity recommendation promulgated in the USA (see paragraph 9). The proportion of individuals who are regularly active decreases substantially from late teenage onwards.

14. Conclusions

There is firm scientific evidence to indicate that regular, moderate leisure time physical activity has numerous and substantial effects on health, functional capacity and well-being. Dynamic sustained aerobic exercise such as brisk walking and other forms of locomotion share these effects, are among the most popular activities, their effects are perceived as favourable and the individual and environmental barriers to participation are modest. The rate of complications in those activities is low. These facts strongly suggest that regular leisure-time physical activity has large potential as a health-enhancing measure.

POLICY IMPLICATIONS

15. Value of physical activity

Reliable and strong scientific evidence supports the claim that regular physical activity is one of the cornerstones of good health, functional capacity and well-being. This role is fundamental, unique to physical exercise and stands to benefit people of all ages. Governments should consider the provision of opportunities for health-enhancing exercise and sports as one of its important responsibilities. This justifies the need for formulating a rational European policy to promote health through sport for all. The issues contained in paragraphs 16 -26 need consideration.

16. The Challenge

To achieve a major increase in participation by individuals and populations is demanding and challenging. Success will require thorough planning, intensive promotion and careful implementation by alliances of national and local government, commercial and voluntary agencies. [footnote: see Charter, Article 13, page 9]. A major increase in participation even in simple and inexpensive forms of physical activity will require considerable resources to raise awareness, to provide motivation, opportunities and supporting services.

17. Differing needs and opportunities

In different societies the need for health-enhancing physical activity varies because of differences in living conditions, in the patterns of health and disease and in the amount and favoured type of current physical activity. National populations differ in their preferences, in their willingness to engage in physical activity and in the opportunities available to them for participation in a suitable variety of sports. The cost of providing opportunities for participation also vary.

18. Assessment of needs

A rational policy to enhance participation in physical activity must meet local needs and suit local priorities. The need should be estimated on the basis of data from appropriate, preferably repeated investigations of populations and sub-populations regarding morbidity, mortality, functional capacity and perceptions of health, and relate them to estimates of current levels of habitual physical activity. The proportion of the population who are sedentary and the burden of ill-health attributable to this lifestyle is a basis for estimating the magnitude of the health gain achievable through the health-enhancing potential of physical activity. This analysis also serves as a basis for estimating what resources will need allocating to the pursuit of these policies. Approximate estimates of need can be derived from data for comparable populations.

19 Effective measures

The selection of ways and means of increasing physical activity requires information about the attitudes of the target population toward exercise and sports and about opportunities for and barriers to participation. Such an analysis will permit an estimate to be made of the change in participation which can be expected. The rational selection of ways and means to increase the physical activity of populations is ideally based on the results of such an analysis, but the following general considerations set out in paragraphs 20- 26 below also apply:

20. Activities which are a priority

The highest priority should be given to enhancing motivation and to expanding opportunities for simple physical activities through promoting traditional ways of locomotion; these can be practised by the largest numbers of people in efficient, safe and cost-effective way, by incorporating such activity into daily chores, into travel to work and commuting, and into leisure and recreation. A goal should be the achievement of a cultural shift which leads to individuals accepting physical activity as a fundamental and important part of the activities of daily life. Success will lead to improvements in the health of the individual and the population and will contribute to improving the quality of the environment. Opportunities to participate in a larger selection of activities should be available to meet different individual needs, desires and priorities. The order of priority for societal support of different activities should be based on their efficiency, safety, equality in opportunities for participation and cost-effectiveness as well as, naturally, on demand. A high priority should be given to supporting children and young adults to acquire and practice the skills required for sports which will 'last' a lifetime.

21. Target populations

The scientific evidence indicates that the least active gain the most by beginning regular exercise. Thus, a high priority should be given to offering opportunities to motivated but sedentary or irregularly active individuals and groups. They can be found and should be sought especially among people with limited opportunities, those with restricted independence and freedom of choice such as children and elderly and those belonging to underprivileged or minority groups, including people who already sick or disabled. A longer term goal should be to motivate those presently lacking the will to exercise.

22. Measures to be assigned priority

To increase levels of participation in those activities assigned a high priority it is important to increase the knowledge and awareness of the health value of these activities. The public require information and sport and health care professionals offering support and advice to individuals and groups need education and training. Opportunities for participation should be increased by providing safe, tidy, and pleasant walking and cycling routes in all neighbourhoods as well as by making parks, play grounds, courts, trails and paths as easily accessible as possible. Similarly physically active means of commuting to work should be promoted.

23. Safety

Injuries in exercise and sports are a major public health problem. They deter many people from participation in physical activity and thus deprive them of the related health benefits. Therefore any measures which can be taken to decrease the number of sports injuries are especially important. The measures can include changes in the rules and practices in individual sports, improvements in the environment, education of all parties involved and development of effective multi-factorial prevention programmes supported by thorough research.

Heart attack and sudden death during sport are fortunately very rare. Prevention of such accidents is best achieved by a strong emphasis on the provision of good advice which must warn against erratic participation and the ignoring of symptoms of excessive strain.

24. The best way forward

Even simple forms of physical activity require individuals to modify their lives and planners to provide the necessary environment if people are to make a successful start and to continue. Therefore successful enhancement of physical activity will be impossible without well-planned, long-term, continuous concerted action of numerous agencies. To ensure continuity and equal opportunities, the role of public sector is essential.

25. Responsible bodies and agencies

To achieve a health gain through activity requires individual action. The primary responsibility lies with individuals and their families, but they need facilities and services. In many countries the responsibility to provide facilities rests with the public sector and the responsibility to provide opportunities for participation with sports organisations. In shifting the emphasis towards involvement in non-competitive, simple activities by sedentary people of all ages, more facilities, functions and services need to be made available. Full use of the health-enhancing potential of physical activity requires strong input from the public sector, and great responsibility lies with community planners, politicians and numerous professional groups.

The role of health care professionals needs a special emphasis, because their expert opinion can be a crucial factor in creating motivation; their knowledge of counselling may be usefully exploited in offering lifestyle modification to healthy as well as to sick people. Similarly special emphasis should be placed upon assigning a high priority to physical education and health education in school curricula and to providing a sound grounding in the principles and practice of regular sport and recreation, because the schools play a key role in promoting life-long interest in sport and physical activity.

26. Social Significance of Sport

The time is right for immediate action. Awareness of the consequences of the ever increasing burden of ill-health due to sedentary living grows day by day, and this means that there are good prospects for introducing some measures in all societies. It is clear that better, more reliable and more detailed knowledge of the health effects of physical activity will continue to be needed. "How to attain these benefits in safe and cost-effective way?" and "how best to increase people's interest and participation in exercise and sports?" will continue to be important questions. However, current knowledge and relevant experience are sufficient to prompt potential participants to make full use of our present knowledge of health benefits and to urge providers to create new opportunities for people to benefit from the health-enhancing effects of regular physical activity.

Social Significance of Sport

Sport and Physical Activity as a socialisation environment

POSITION PAPER

drawn up by Bohumil Svoboda and Göran Patriksson[9] *with the collaboration of M Arvisto, O Bento, G Breivik, G S Földesi, K Heinemann, A Madella, R Stokvis, R Telama, H Levarlet-Joye, A Formosa, R Kramer, P Oja, R Mattila*

The Significance of Sport and the Responsibility of the State

1. Sport has become increasingly important in modern societies. Sport is here taken in a wide sense. There are more and more people practising sport, watching sport, reading about sport, visiting sport. Though there are tremendous differences in different European countries, it can be expected that sport will continue to be important, and a growing element in everyday life.

   Sport is practised not only in schools and in leisure time; it is also a profession for more and more people. Sport can mean not only active participation but spectatorship as well, especially due to the fact that it has become an important element in the mass media.

   There is evidence that a connection exists between the spectator's own sports activity and the response to the sport contest he watches, in his psyche and behaviour. The connection between social and demographic characteristics of sports spectators and their behaviour in the stands is also verified.

2. This quantitative growth has resulted in a fundamental change in the landscape of sport. These changes can be described in various ways:

   a. in relation to sport participants: Sport is no longer mainly an activity of young males from middle classes. Women, elderly persons, minorities, different ethnic groups, people with disabilities and other social groups become more and more involved in sport both as athletes and as spectators.

   b. in relation to motivation: Sport is no longer mainly oriented towards achievement and competition but towards new forms of motivation like fun, body experience, risk, aesthetic values, social communication, social integration and others.

   c. in relation to concepts of sport: Sport is no longer only practised in traditional ways. Nowadays we must differentiate between other components like self-expression or the professional and entertainment aspects of sport.

   d. in relation to the organisation of sport: Sport is no longer offered only by voluntary organisations or by the state but by a broad diversity of other suppliers and agencies and it is more and more practised in informal forms.

3. Sport in this differentiated form can have positive as well as negative significance in modern societies. If we speak about its significance we are referring to unintended consequences of individual behaviour, which might be latent or manifest. In a general perspective it cannot be

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stated under which conditions and in which forms sport might have positive or negative effects, but the following dimensions should be taken in consideration:

international understanding versus narrow national identification
integration versus segregation,
democracy versus abusive political power
harmony versus aggression
environmental protection versus environmental harm

These are the extremities between the broad range of positive and negative effects that can occur. Which of these effects will come out depends on the specific conditions under which sport is organised and practised.

A predominant significance of sport is its socialisation effect.

4. Therefore the state has a tremendous responsibility to guarantee sport for all: as a school discipline, as a leisure-time activity and as an area of professional development. Opportunities should be provided at each level of sport because sport is an important part of the quality of life and an important element of culture in each country.

Sport as a Socialising Environment (General remarks)

1. Socialisation is a process by which individuals learn the skills, attitudes, values and behaviours that enable them to participate as members of the society in which they live. It is a lifelong process which facilitates role transition during the whole life cycle. Sport is frequently regarded as an environment contributing to the process of socialisation of individuals as with family, peers, school, community and mass media.

2. The socialisation process in sport is a complex phenomenon. There are some remarkable differences in socialisation processes between countries due to cultural, political and economic diversity. This makes it necessary to develop specific sport policies in different countries.

3. Research on socialisation is one of the most important topics in the social science of sport. In most countries there are theoretical concepts and empirical results on the socialisation effects of sport. A great part of this research has focused on socialisation into sport, other research is devoted to the socialisation effects of sport itself. Most of these investigations demonstrate the positive influence of sport on the personality and on the well being of those practising sport - and in particular on children and school children both in and out of school - as well as on those who take part in sport as spectators.

4. The impact of sport comes in addition to other socialisation factors. The advantage of sport is that it influences both body and mind: hence, it contributes to socialisation through the movement itself and through the movement's effect on personality development, and also through the nature of the social contacts conveyed by different kinds of sports. Thus sport can have an impact on role learning, adaptation to normative conformity, strengthening self esteem and Ego-identity and solidarity. Moreover, it is believed that cultural values, personal and social attitudes and behaviours learned in the physical activity setting transfer to other spheres of life.

5. It is not possible to deal with socialisation without mentioning personality development and especially moral values.

The relation between sport and moral development and reasoning is complicated. The results from research are contradictory, but it seems evident:

a. that attitudes to the violation of rules become more tolerant with increasing age, experience and skills,

b. that the sport environment (including the "club culture") tends to modify the views about moral questions,

c. that leaders need to understand how important their influence is on the moral ethic qualities of participants and

d. that specific teaching approaches can have positive effects on learning fair play and promoting pro-social (helpful) behaviour.

More attention should be paid to these issues in the training of teachers and coaches, placing emphasis on dialogue among participants and giving children more opportunities to exercise responsibilities of their own in organising sport activities, to improve their social and ethical consciousness.

6. The notion of fair play is crucial: Socialisation in sport may only be promoted when moral traits are developed. But the imperative of success becomes more and more misleading not only in adult performance sport, but as an example for youth as well.

Sport as a socialising environment for specific social categories

1. Age groups and Gender

Much of the following, particularly as regards children and young people, applies equally to both sexes. However, it can be affirmed that socialisation into, in and through sport has a different meaning for males and females.

a. The least doubts on the importance of movement for socialisation are connected with early childhood. A child is undoubtedly associated with cognitive and moral development at the early stage of life, since the child takes on different roles and learns to view himself or herself as distinct from but at the same time in relation to others.

There is, however, a broad consensus theorists and researchers as to the importance of play and games in childhood to promote a sound development in the motor, social and cognitive domains. Play and games with physical demands gradually allow children to engage in various social roles which enables them to learn valuable skills in larger social contexts. Games also form a bridge between spontaneous play and institutionalised sport.

The fact that sport is a very popular activity which gives participants lots of fun, and different kinds of enjoyable experiences, like excitement, social feelings and experience of success makes it important as a socialisation environment even if the socialisation effects are not consciously looked for.

Fun and enjoyment in sport and avoidance of anxiety or negative feelings depends on the degree of expectation of success and the type of motivational and emotional climate.

Many research findings from different countries show that a large majority of children and young people who participate in voluntary sports clubs have positive experiences of fun and joy, challenges and social relations with peers and adult leaders in training and competition. Recent studies with more qualitative methods have indicated that the social life which takes place between and around the sport activities is important in the socialisation process. Besides providing a good frame-work, sport nourishes social contacts, co-operation and social relations.

b. There is evidence from several studies from different countries that interest in physical activity among children and young people has decreased during the last decade and that too many young people, and in particular girls, do not exercise frequently and intensively enough to learn adequate physical skills and be able to participate in sport activities in society.

Furthermore, there is much research evidence showing that sport and physical activity habits are acquired in young ages. Experiences from some countries show that regular daily physical activity in school have many positive results. The tendency in many countries to reduce the time for physical education as a school subject will compound this process. It is therefore all the more important that governments, local communities and sport organisations strongly stimulate and encourage physical activity and sport among young people.

Research shows that from the point of view of socialisation, the social structure and forms of social interaction are more important than the type of sport activity. The main factors which are crucial for socialisation are co-operation between individuals, the quality of leadership, the level of, and importance given to competition, to individual spontaneous activity and to free choice and decision making versus excessively formal organisation. Other factors that contributes to a sound socialisation experience among children are:

i. orientation towards the task rather than to the outcome
ii. awareness of goals of training
iii. long term outlook

c. In adult age the motivation towards physical activity is more complex and varied. The outcomes are thus more varied: self-esteem, self-concept, self-control, discipline, responsibility, body-image, fitness, communication, relations, total wellbeing, improvements in work, less absenteeism, and of course health. All these findings are encouraging, but there is an absence of causal support for those observations. However, much evidence - whatever the initial motivation may be - shows that the practice of sport fosters some aspects of socialisation such as work ethics, and positive attitudes.

As concerns adult women, the needs and condition of socialisation differ in important respects from those of men, and more research needs to be done into this subject.

d. The beneficial influence of sport and moderate physical activity for old age and especially for people over 60 years old is also documented. Meeting other people, communicating with them, mastering some skills helps older people to fight depression, anxiety, stress, sleep disorders, or alcohol and drug abuse.

2. Groups with special needs

There is research to show that sport can be a valuable socialisation environment for people with special needs in our societies, for example to promote the integration and self-respect of ethnic minorities, to help improve the lives of persons with handicaps (and particularly those with consequent psychiatric disorders) or to assist in the resocialisation for delinquents.

From today's sport socialisation research there is a lot of convincing evidence that most sport and physical activity can reinforce and contribute to physical, psychological and social wellbeing for children, youths, adults, minorities, disabled and older persons. In a sedentary society sport becomes more and more important as a socialisation environment to promote primary motor skills that are necessary to live a sound and healthy life. The effects of sport socialisation will of course be strongest when persons are involved over a longer period of time and when involvement is intense.

Social Significance of Sport

Economic Impact of Sport and Physical Activity

POSITION PAPER

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1. Introduction

a. Considerable research has been carried out on the economics of sport. This position paper is a summary of the key points from a broader scientific review which cites some 54 articles, books and studies in the field. The paper outlines the social and economic consequences resulting from sport and sports phenomena. Brevity may give an impression that sport is merely regarded as an instrument of economic or financial policy. This is far from the case: sport is an integral part of society and also manifests and reflects cultural values. However economic effects are important and this paper outlines the economic benefits of sport.

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b. Research to date as highlighted in the Scientific Review has cast light on several aspects of the importance of sport. It should, however, be noted that the sense of economic and social well-being which the public derive from sports is not of prime concern in most of those studies. Sport may directly play such a role in society by offering ways to use leisure time, improving physical fitness and promoting social integration and good health. The economic stimulus that sport generates contributes to consumption, income, employment, and local, regional and national economic development.

c. The paper first considers the direct economic benefits of sport, following the assumption that both the practice of sports, and sport events themselves, help create positive social and psychological benefits as well as the resulting economic benefits. This is the case with the financing, consumption and participation of individuals in sports and sports management. The paper also considers the important role of the voluntary sector.

d. The paper then illustrates how sport stimulates industry and various markets, the creation of employment, regional economic development, and investment in sports equipment. Sport also has wider effects by creating economic flows and social and trade ties that may not otherwise have existed. There is strong economic evidence for all these effects.

2. Financing of sport

a. In Europe, sport is financed in varying proportions from diverse sources. These include participants and consumers, the State, national school systems, local authorities, various forms of private enterprise and unpaid voluntary effort. The general picture, from a research study based on the year 1990, is that private financing exceeds public financing of sport in many countries in Europe but that public funds provide a vital base for the financing of sport.

b. Although this study shows that there are clear differences among the European states, there appears to be a "European model", showing a relatively decentralised form of sports organisation in which sports financing and management are based on the growing and increasingly direct links between participants and spectators as well as between local and regional public decision-makers.

c. The wide variety of sources of financing, in particular the contribution of the public and voluntary sectors, offers a basic guarantee of a wide provision of "sport for all", the chance for everyone to share the benefits of sport. This structure and organisation of financing sport, if regarded as successful, could be promoted within the new member countries from central and eastern Europe, the economies of which are in transition.

3. Significance of Sport for Consumption

a. In 1990, most countries studied showed that almost 2% of overall consumer expenditure could be categorised as sport-related. Accurate inter-country comparisons are difficult because of problems of classification, but the similarity of overall levels at around 2% is quite marked.

b. Consumer expenditure can be split into three categories:

- i. expenditure directly related to sports participation;
- ii. expenditure related to passive consumption of sport as a spectator; and
- iii. expenditure related to gambling.

c. Data in recent studies indicate that sports-related expenditure is closely influenced by a number of significant factors. Standards of living and disposable income have a clear impact on the level and structure of increases in sport-related expenditure in both absolute and relative terms. Financial resources are not only used for more exclusive sports equipment and trips to recreation destinations, but to a growing extent also for individual and more expensive forms of sports participation.

d. The positive benefits of sport on health are both an added bonus to the individual and more generally to the community at large. Further assessments of the negative effects, for example sports injuries, need to be balanced against this. The increasing investment in corporate fitness programmes by commercial organisations suggests that the positive effects considerably outweigh the negative.

e. As economies grow, therefore, sports participation and sport-related expenditure will also grow and arguably become more sophisticated. This indicates that sport has potential for encouraging economic growth and expansion in Europe.

4. Sports Participation

a. Studies involving inter-country comparison show a wide variation in rates of participation. This variation stems both from inherent differences between countries in rates of sports participation as well as differences in definition and methodology.

b. For either sex or any given age group participation in sport is influenced by available leisure time, standard of living, disposable income, sports facilities and the existence of non-profit and profit oriented organisations offering opportunities for interested participants. Different levels of motivation and financial means of participants lead to involvement in various sports and to the development of different types of sports organisation.

5. Sports Management

a. The growth in commercial sports activities is reflected by the growth in sports management as a profession. Sports managers are a relevant group in three fields. First there is a requirement for managers in active sports, especially in large sports clubs and in profit-making organisations providing sport. Secondly, spectator sports need management expertise and thirdly there is the context of the management and administration of the sports infrastructure. Commercial sport is of growing importance in highly developed urban societies with a large concentration of potential spectators. This means that in highly developed societies, sports management and sport managers become an important group in these contexts. The demand for management training can be covered to a great extent by existing education and management training schemes and courses.

6. The Voluntary Sector

a. The voluntary sector plays a critical role in providing opportunities for participation without which the whole cost would be borne by consumers and providers. There is also a major economic contribution as the voluntary sector constitutes a large percentage of overall sports budgets. The voluntary sector is mainly financed by public subsidies and the volunteers themselves. In some countries recent reductions in public finance have led to problems within the voluntary sector, in particular where local authority cutbacks are putting pressure on the resources of the voluntary sector.

b. In recent surveys volunteers expressed a need for legal protection and insurance schemes. There is also need for new thinking with regard to tax incentives to encourage new people into the voluntary sector. The financial status of volunteers is also an important issue as this has implications for the motivation of volunteers.

c. The role of volunteers is an essential part of sports provision and should therefore be encouraged. The most common tasks carried out by volunteers are coaching young people and acting as officials in clubs and governing bodies.

d. The relationship between volunteers and employees who work together or do the same job gives cause for concern in some member countries in terms of required training needs, as does the way forward for integrating unemployed people into the voluntary sector without loss of benefits or tax status.

e. New member countries from central and eastern Europe have expressed interest in receiving advice and assistance in the establishment or encouragement of a voluntary sector in sport where such traditions may not exist at present or need reviving within the new economic situation. There is a particular need for training within clubs and governing bodies.

7. Sport and employment

a. Sport has significant effects on Gross National Product and employment. The commercialisation of sport has contributed to this development.

b. Participation in sport and sport-induced demand give rise to the supply of facilities and employment. The relevant fields are self-administered sports clubs and federations, private enterprises including sports publishing and the media, and the state.

c. In several European countries where this issue has been examined, sport's share of employment reaches values of almost 2%, including a high degree of part-time employment.

d. Many employees in sport-related industries are employed in small firms which have particular needs in terms of investment in training and education for their employees. Many jobs in the sports service sector are for very short working hours, are temporary or are seasonal - reflecting the varying characteristics of different sports.

8 The Economic Significance of Sports Facilities and the Impact of Major Events

a. There are major employment implications related to sports facilities and amenities. Demand can change because of developments in participation patterns. Jobs are created both during construction and subsequently during the ongoing operation of the facilities. In turn this increase in local employment has positive effects on other local businesses and services.

b. An important facet here is flexibility; this relates to design, usage, cost-effective management and ownership arrangements. There is also a need to take account of whole-life costs of sports facilities and to ensure that they are fit for purpose, both in terms of size and location as well as design.

c. Supply and demand for facilities must take account of all levels of need within the broad sports development continuum. There is a particular need for planning and provision of facilities in the new member countries and expanding the use there of school facilities.

d. The link between the major events and their benefits is rather tenuous, and such benefits as do exist are concentrated in a relatively short time period. It is safe to say that watching such events in the stadium or on television gives rise to spectator satisfaction. The financial receipts that these events generate meet part or all of the organising costs, but account must also be taken of any external effects detrimental to the well-being of local populations. The construction of major facilities or infrastructure items should be carried out with environmental sustainability in mind.

e. It is the investment in sports facilities and infrastructure (airports, roads, railways, harbours) that entails the greatest associated expenses. These are borne by the local authorities, private enterprises and the State, and an economic spin-off can be expected for a town or a region or even an entire country which can help to increase its attractiveness for local and foreign investors, stimulate local business, promote tourism, highlight local technology and sometimes boost local industry and employment. All these positive effects have in some instances been more theoretical than real.

f. However the evaluation of the economic spin-off effect of sport events presents problems, and assessments are often confined to direct expenses. A strict approach calls for taking into account economic side-effects (indirect expenses) of sport events, determining the space and dimensions of their impact and duration, estimating the degree of interdependence of the economic activities and identifying what proportion of indirect flows remains in the area considered and what proportion constitutes a "leak" to the outside. On that basis, a "multiplier" of activity and employment can be calculated which is a function of the initial monetary investment. The size of this multiplier varies quite widely. Economic multipliers are used to predict the resulting wider economic impact of an initial specific investment.

g. Arguably, sport events in general, and major sport events in particular, not only raise the profile of and contribute towards establishing cities, regions or a country firmly in people's perception. They also cause direct and indirect economic activity. For the promotion of sport events, particularly large events, the provision of an appropriate infrastructure needs to be carefully analysed from an economic point of view.

9. The Sports Industry

a. The demand for sports goods opens markets and outlets for major industry. The demand for sports services includes the following areas: the organisation of sport events, advertising and sponsoring, and television broadcasting of sport.

b. Sales contribute to economic growth and also to the distribution of income and the safeguarding of jobs in the sports industry. The resulting variety and diversity are likely to prove beneficial to consumers by offering a wider selection of products. There has been a tendency for this selection to diminish in some countries to the detriment of consumers, when the number of independent shops selling sports goods is reduced.

c. The invention of new sports products is also beneficial. Technical innovation helps athletes win and makes their performance more spectacular, provides them with opportunities for non-sport financial gains and attracts media attention for sponsors. There is also a demand for innovations to make the practice of sports easier, safer and more relaxing for everybody. There is also a market for sports products explicitly intended for non-competitive sport. In some cases, however, technological innovation can result in raising costs and therefore reducing mass participation.

10. Sport and the Mass Media Industry

a. The demand for sport events and the growing attention they receive on television and radio as well as in the press has given birth to a sports service market. The demand for sport broadcasts by part of the population has prompted television networks to carry such programmes, offered by the organisers of sport events: International Olympic Committee, sports federations, leagues and teams.

b. The sharp increase in the growth of private broadcasting stations and pay television in Europe has led to increased sports finance. On the other hand, spectators and consumers are bearing an increased cost from the commercial support provided to sports by private channels: higher licence fees in competing public stations and higher prices for consumer goods charging a part of the advertising expenses paid at broadcasting prime rates on to the consumers. There is also the problem of the loss of autonomy for sport if the rules or event timings have to be changed for the benefit of broadcasters.

c. Advertisers require a medium and sport increasingly offers one. Well-managed sponsorship agreements benefit both sport and the sponsor.

11. Sport and Foreign Trade and Investment

a. The importation of sports goods and foreign investment in the industry manufacturing them increase the quantity and variety of products for participants in sports and others. This is therefore beneficial to the recipient country. Exportation of sports goods boosts economic growth and employment in the country of origin.

b. For sports goods with a high value added in their production most European countries trade mainly with other developed countries. However sports goods with a lesser value added are usually imported from less developed countries. Multinational firms have been relocating production to developing countries by international subcontracting, in particular for sports clothing and footwear. Here, beneficial export effects aid the development of the low cost country. The sale of products that are less expensive, because they are manufactured with low-cost labour, is meanwhile beneficial to the consumer.

12. Future Directions

a. The widespread and pervasive effects of sport on the economy point to the desirability of ensuring the supply of appropriate data and analytical studies to policy makers.

b. Existing data vary considerably between countries in terms of the extent of coverage and the classification of activities relating to sport. Hence one direction for future progress would be to develop a European-wide common framework for data collection and reporting. This will be relevant in particular to new member countries in Central and Eastern Europe during the period of economic transition. The need for further cross-national research must be stressed in so far as the strength of evidence remains weak in several areas of the economics of sport in member countries.

c. Further research on the economic aspects of sport should build on the initial studies available, which primarily relate to the position in various member states for a given year and are largely complete. However, progress in economics of sport is still hindered by methodological difficulties such as disparities in available data between member countries, different definitions of sport participation and the absence of an homogenous nomenclature for sports goods and services. An attempt at increasing homogeneity and harmonisation of data and nomenclature utilised in economics of sport by member countries might be regarded as a crucial target for methodological effort in the future. It could also be important to develop an understanding of the dynamic influences which shaped the observed trends over time. This would yield valuable insights to aid the formulation of policies for promoting and developing sport.

d. The work of the Council of Europe in the areas of economic aspects of sport represents a useful additional insight into the multi-faceted nature of the activities and consequences arising from sport. Given that sport within all member states is likely to show further expansion in the years ahead, it is highly desirable that this work should continue to promote a wider awareness of the 'sport for all' philosophy which stems from the democratic, social and cultural traditions of Europe.

Results from the Working Party on Voluntary Work 1994

THE IMPORTANCE OF VOLUNTARY WORK

Introduction

1. This paper provides a brief overview of the responses from ten member countries to a questionnaire on the importance of voluntary work. The purpose of the questionnaire was to obtain general background information regarding the nature of the voluntary sector and possibly point the way to further research; or identify good practice so that member countries could benefit from each others experience.

Background

2. The working group was established under the auspices of the larger group working on the economic importance of sport; the new group was asked to consider the importance to sport of the voluntary sector.

3. As a result of detailed discussion and the decision to pass the project on to the Social Significance of Sport project and the European Sports Conference the group decided to conduct a small pilot study amongst member countries participating in the voluntary sector group.

Brief Overview of Responses

4. The detailed responses are arranged in summary form in an Appendix to the full paper.

Overview

5. The general response was that there were few formal or official definitions of voluntary work in general or with specific reference to sport.

6. With respect to the advantages for sport there was a general consensus that these were of major significance and generally meant that sport was available on a much wider and broader basis than would otherwise be the case.

The Volunteers Perspective

7. There were also significant advantages cited for the volunteers themselves, mostly relating to personal self-esteem. The disadvantages were mainly related to finance and lack of time.

8. Volunteers in general do not get paid, other than symbolic amounts, although there is some blurring of the boundaries between volunteers and paid staff.

9. Volunteers are generally reimbursed for out of pocket expenses, and usually by the club or federation with which they are working. Sponsorship does not generally help volunteers.

Non Financial Support

10. There is evidence that most volunteers are insured but there is generally no legal protection. There are few other benefits in kind and very little in the terms of reward or recognition.

The Structure of the Voluntary Sector

11. The figures varied quite widely and generally indicate that the structure of the voluntary sector is a useful area for further research. Most countries were unable to say on the basis of evidence whether their structure had changed recently, and some thought it had decreased and some increased. The response to the question on social class also varied, with some member countries reporting a bias towards professional people and others not.

The Volunteers

12. Volunteers work on average between two and five hours a week. There is very detailed information from countries which have conducted surveys which suggests that there is valuable

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information to be gained by carrying out such detailed surveys. The most likely task was coaching young people and the next most likely, acting as officials.

Training

13. The results on qualifications, training and training opportunities were very mixed, with some countries having organised systems and others a more ad hoc approach.

National Policies

14. Government support in terms of policies and strategies varied between countries. There were some positive aspects which other countries may be interested in looking at in more detail.

The Future

15. The range from pessimism to optimism was interesting: the single European market was generally seen as an opportunity rather than a threat as was also, the transformation of former eastern bloc countries. These views stem mainly from different perspectives on the freer movement of people across national boundaries and the uncertain impact of directives on harmonisation of qualifications.

16. Increasing unemployment was considered more likely to have a negative impact on the voluntary sector as was changing work patterns. Most countries were concerned that future changes in public or private sector funding would cause difficulties for the voluntary sector.

17. The professionalism of fundraising was, on balance seen as a positive move, although care had to be taken when volunteers are working alongside professional staff.

18. The growth of public sector involvement was seen as having benefits for the voluntary sector, whereas withdrawal of public sector support would be problematic.

19. Scientific and technical change would require the addition of financial support and training if the voluntary sector was to take full advantage of its opportunities.

20. The move to more individualistic societies was viewed as leading to a reduction in voluntary work and a move towards more individual sports activities as opposed to team or partnership activities.

21. Finally, the absence of volunteers would be a major disaster for sport, even a small decrease in the size of the voluntary sector has major repercussions, particularly at the participation level for sport for all activities.

Omissions

22. The group recognised that there were important issues which had been omitted from the questionnaire. They should be included as part of section B on the structure of the voluntary sector and are as follows:

    a. The recruitment of volunteers.
    b. The management of volunteers.
    c. Volunteers as managers.
    d. The differing contribution of volunteers at various levels of sports development.

Conclusions

23. The questionnaire was designed as a pilot, to provide an overview of the status quo. It highlights the structures, levels of information available, gaps in knowledge and provides some evidence of good practice. Its results should be read with a 'health warning' as some of the material is very subjective, some based on estimates and only a limited amount on completed research. It did however receive a very positive response from member countries involved.

24. The questionnaire can be much improved for future use, the comments will assist with this as well the quality of responses which give clear indications as to the usefulness of individual questions.

25. Despite the importance of the voluntary sector to sport there is relatively little research available, hopefully this exercise will act as a catalyst and encourage more comprehensive research to be undertaken in this field in the future.

26. Clearly sport depends on volunteers; but not purely for economic reasons. The volunteers themselves and sport both gain because of the nature of voluntary work. Additional funding would always be valuable, but the commitment of the volunteer and the personal satisfaction gained by volunteering give something of value to sport that money cannot buy.

27. Volunteers do however seem to need more recognition and support, reimbursement of expenses and training opportunities. Although they are important, they often appear not to be treated well; lack of insurance or legal protection is a prime example. An absence of national strategies and policies with regard to the voluntary sector in sport should be a matter of concern also.

Recommendations

28. There seems to be scope for more in-depth research and in fact some member countries expressed concern over lack of information on their own situation. The Social Significance of Sport project and the European Sports Conference may wish to consider establishing certain criteria for such research, drafting guidelines for questionnaires and/or consideration of possible methodologies. Providing such guidance in advance of research being undertaken will assist in particular with comparability of results.

29. In his bibliographic survey Bjarne Ibsen identified three particular research areas where more information is required.

    a. A comparative study of the extent and nature of voluntary work across national and cultural differences.

    b. A study of how increased politicisation, increased demands from the public sector and increased dependency on public subsidies affect conditions for voluntary work in sports clubs.

    c. A study of how increased professionalisation affects voluntary involvement, the character of the sports club (structure, culture etc) and the quality of the sports club (objectives, activities etc).

30. Further to this, the group also identified the following areas:

    a. The socio-economic background of volunteers.

    b. Research to find out the most advantageous equilibrium between the state and the market with regard to sports funding (insofar as it is linked to voluntary work).

    c. There is a need to understand how the market for voluntary work functions, although there is no 'market' in the classical sense; although it is difficult to evaluate, there are theoretical solutions. Such research would have to try to find the theoretical foundation of voluntary work in economic and socialisation terms (benefits for sport, benefits for health, personal benefits for people involved etc).

    d. Ideally, with a more elaborate questionnaire which would serve as a framework, one could attempt to do something similar to the 'economy report': individual countries would then decide how to put research together, in some fields national research would make progress and in the long run, it would become easier to answer the questions.

31. There are a number of recommendations which member countries might wish to take on board.

    a. Since it seems quite obvious that voluntary workers are beneficial to society, society has to offer them a minimum of legal protection (this reasoning is not shared by all countries).

    b. Public authorities should find a way to ensure that clubs, federations etc cover volunteers with an insurance scheme (at least for civil liability and corporal damage). (This raises the question of the definition of the voluntary worker).

    c. Public authorities should encourage integration of unemployed people in voluntary jobs (in some countries, trade unions oppose that, in other countries, unemployed people might thus lose their unemployment allowance) (see in this context new French proposals on special fiscal and social status for volunteers).

32. If a project group or other organisation were to take this on board, it might wish to carry out the following:

    a. Launch a pilot project (over a year as a minimum): in each country invite a club (it can be small, large, whatever sport) to actively try to recruit more volunteers (by all means at its disposal), to keep them, to train them; also try to get more women into important roles. After one year, analyse the results, compare the measures taken and their efficiency, present some models and guidelines.

    b. Once good practice is identified, establish the mechanisms for replicating this.

    c. Invite the sports movement to carry out a permanent investigation on the general club situation based on the typology proposed (still to be developed). Such an investigation would allow study of the evolution over a longer period of time and to detect trends.

    d. Try to collect and keep updated quantified data on a number of clubs, federations, club members etc.

33. Member countries with strong voluntary sector traditions may also be able to assist those trying to develop and enhance their voluntary sector by providing copies of research reports and details of current programmes and policies which support the voluntary sector.

Synopsis of the Parliamentary Assembly / CDDS Consultative Meeting
(Sofia, Bulgaria, 12 July 1995)

Field of Activity: SPORT

Type of Activity: Parliamentary Assembly/CDDS Hearing

Country: BULGARIA

Date: 12 July 1995

Participants: From the Bulgarian side:

- Members of the government (State Secretary for Sport, representatives of Ministers of Health and Education)
- 5 members of Parliament, including members of the Bulgarian delegation to the Parliamentary Assembly, and Chair, Vice-Chair and members of the Parliamentary Commission on Sports, Youth and Tourism
- Leaders of the Committee for Sports Youth and Children of the Council of Ministers
- 40 representatives of the Bulgarian Olympic Committee, the sports federations and local authorities

From the Council of Europe side:

- Members of the Parliamentary Assembly's sub-Committee on Youth and Sport
- Members of the CDDS Bureau
- Members of the Secretariat General

Objectives:

- assess proposed legislation on sport
- lead to a better co-operation between the governmental and non-governmental organisations working in sport
- lead to improved financing for sport in Bulgaria

General Assessment:

The Sports Bill was examined. It was considered too detailed. The roles of the local authorities, of school sport and of elite sports were common refrains. Questions on financing, sponsorship, tax deductions and tax breaks were frequent. The relationship between government and sports organisations was discussed at length.

The Hearing was considered to have had a useful and positive impact, bringing other European experiences to bear on the situation in Bulgaria and informing Bulgarian participants of alternative means of action.

Follow-Up and Possible Publications:
The Bill will be revised and shortened, with a view to becoming less detailed and more general.

Synopsis of the Parliamentary Assembly / CDDS Consultative Meetings

(Ljubljana, Slovenia and Zagreb, Croatia, 7–8 June 1995)

Field of Activity: SPORT

Type of Activity: Parliamentary Assembly/CDDS Hearing

Country: SLOVENIA and CROATIA

Date and Place: 7 June 1995 in Ljubljana
8 June 1995 in Zagreb

Participants: From the Slovenian and Croatian side:

- Members of the governments
- Members of the Parliaments
- Representatives of the Slovenian and Croatian Olympic Committees
- Representatives of national sports associations
- Representatives of Faculties of Physical Education and Sport

From the Council of Europe side:

- Members of the Parliamentary Assembly's sub-committee on Youth and Sport
- National Parliamentarians
- Members of the CDDS Bureau
- Member of the Secretariat

Objectives: HEARING IN SLOVENIA:

- sports legislation - exchange of experiences in Western European countries
- socio-cultural and economic importance of sport
- importance and improvement of NGO and GO's co-operation

HEARING IN CROATIA:

- experiences from other countries in financing of sport, sponsorship in sport, sports legislation, privatisation of sports facilities, sports in schools and universities.
- provide a better understanding of the economic importance of sport on society
- lead to a better co-operation between the governmental and non-governmental organisations working in sport
- lead to improved financing for sport in Croatia

General Assessment: Both Hearings were judged positively. Media Interest.

Follow-Up and Possible Publications: Mainly at national levels.

CDDS Sprint Regional Seminar on Sport for All & Health

(Raubichi, Belarus, 2-4 October 1995)

CONCLUSIONS OF THE SEMINAR, PRESENTED BY THE SECRETARIAT

The Participants in the Seminar, after listening to the interventions of the lecturers and having shared experience gained in their own countries, came to the following conclusions:

Sport for All and its contribution to public health

1. Sport for All can make an important contribution to establishing and maintaining good public health if some basic conditions are satisfied:

   a. The physical activity must be *effective*, ie

      - it must be generally beneficial for the individual, producing a positive effect on the widest possible range of biometric parameters (for example, respiratory and cardiovascular efficiency, bone density, weight, etc.);

      - by the same token, it must represent the same beneficial advantage for as many groups as possible within the population (children, adults, men, women, persons suffering from particular disorders, persons with handicap);

      - it must procure the desired effects reliably.

   b. The physical activity must be feasible, ie

      - its duration, frequency, intensity and general nature must fit in with the lifestyle of those practising it;

      - it must call only on the skills, equipment, infrastructures and other resources that are generally and easily available.

   c. The physical activity must be safe, ie, apart from avoiding, say, the physical dangers of road traffic and pollution, it must present a minimum risk of acute or overload injuries, cardiovascular problems and other complications.

2. Physical activity for health yields the maximum benefit when practised throughout the individual's life, starting in childhood. However, worthwhile benefits can be achieved by beginning to exercise at any stage of life. Furthermore, research shows that it is not necessary to aspire to the highest levels of physical fitness in order to reap considerable health benefits.

3. The burden imposed on public health budgets by general physical inactivity can be measurably reduced by implementing policies to promote physical activity. This is equally true for older groups of the population which represent an important part of health care spending.

Characteristics of Sport for All for Health

1. Beneficial physical activities are not limited to any particular kind. They can be individual or group activities: walking, jogging, cycling, swimming, skiing, weight or circuit training or

games of many kinds. Each kind of activity presents different characteristics with regard to the criteria of effectiveness, feasibility and safety mentioned in section 1 above. The important thing is to bring about the desired improvement of physical condition.

2. A degree of competition can increase the enjoyment of certain kinds of physical activity, but it is not an essential ingredient of Sport for All activity.

3. Sport for All for Health should be available to all without discrimination and without geographical or financial restrictions. Many forms of activity such as walking or running attract no costs: for more organised activities or those requiring specific equipment, costs should be adapted to local economic conditions and people's capacity to pay, so that everyone can benefit.

4. Sport for All for Health may require supervision in order to ensure safety and/or the adaptation of physical activity to individuals' needs and capacities. Certain activities also require a minimum level of facilities.

5. Sport for All for Health cannot therefore be said to be without cost. However, research shows that its cost is less than the medical costs attracted by a physically inactive population.

Promoting Sport for All for Health

1. Sport for All for Health programmes share a basic need for consciousness-raising amongst the population, calling for the extensive use of the mass-media, thereby attracting further costs.

2. Funding must therefore be sought for Sport for All for Health activities, whether from the State, Regional or Local Authorities, private enterprise or other sources. An important principle in fund-raising is to ensure that subsidising Sport for All for Health represents value for the subsidising bodies. Strategies will vary depending upon the conditions in each country, but in general, Governments should be invited to create favourable conditions for funding (eg tax concessions, or, as in Germany, an obligation on insurance companies to devote revenue to prevention).

3. The participants at the Seminar invited the CDDS to consider the possibility of holding a seminar on fund-raising and management for Sport for All for Health programmes.

4. Sport for All for Health requires a special type of instructors equipped to diagnose, advise, supervise and evaluate the participants in their charge.

   The participants at the Seminar gave encouragement to those countries which were already working on the training of such staff and invited the CDDS to consider the possibility of drawing up, as a continuation of the work done on the EUROFIT project, a standard model syllabus for training instructors in Sport for All for Health.

5. The participants at the Seminar also proposed the preparation of a Handbook on Sport for All for Health.

Applying Sport for All to the health problems brought about by major catastrophes, and in particular those related to nuclear pollution

The participants at the Seminar considered the health risks encountered in the parts of Belarus, Russia and Ukraine as a result of the Chernobyl disaster. In the light of presentations of the experience acquired in those regions and also in Hiroshima and Nagasaki, they came to the following conclusions:

1. Since such conditions do not give rise to specific pathologies, but only modify the incidence of existing diseases, promoting generalised physical activity can contribute significantly to public health - even under these extreme circumstances. It increases resistance to disease and reduces the spectrum of disorders contracted. It also contributes to a sense of personal well-being which is a valuable safeguard against the social and psychological problems associated with major catastrophes.

2. Certain groups of the population may suffer from specific problems calling for special regimes of physical activity.

3. The participants at the Seminar underlined that, even ten years after the Chernobyl accident, the financial and human resources needed to research and implement worthwhile public health strategies (including those involving physical activity) for the affected population were not available, and that a major effort was required to redress this situation.

Proposals for future action

1. The participants at the Seminar also invited the CDDS to consider in future years a further programme of Seminars on Sport for All and Health. Themes which needed to be covered include: refining the scientific basis (in terms of both medical and social science) and the development of specific strategies for particular groups such as women, children, persons with special needs, etc.

2. In his closing remarks Mr Leonid Khromenkov, Vice-Chair of the Sport Committee of the Republic of Belarus, announced that his country would be prepared to host a further seminar in the future.

CONCLUSIONS OF THE WORKING GROUP ON MEDICO-BIOLOGICAL ASPECTS OF SPORT FOR ALL FOR HEALTH, PRESENTED BY PROFESSOR VICTOR STRELNIKOV (BELARUS)

1. The results of medico-biological researches convincingly show a positive impact of physical activity on health, working abilities and life expectancy. Researches in this field follow and develop the work done by European scientists in the framework of the Council of Europe's Sport for All Programme and meet the main provisions of the Declaration on the Significance of Sport for Society, adopted at the 8th Conference of European Ministers responsible for Sport in Lisbon in May 1995.

2. European countries have gathered important experience concerning the positive impact of optimum physical activity on the physical condition of individuals. Further medico-biological studies are required in order to ground and develop Health and Fitness Testing Programmes for European countries. Such programmes should include studies of optimum volume of physical activity, its frequency and intensity.

3. For the purposes of national Sport for All & Health Programmes, "Sport for All" may mean a mass form of physical activity exercised by population and which does not suppose extreme physical tension of the organism but corresponds to the way of life of a person, bringing to him or her satisfaction and joy.

4. In our opinion the following actions would therefore be useful when implementing a national Sport for All & Health Programme:

   a. to continue studies on the mechanism of physical activity's impact on health and fitness of the population;

   b. to ensure that special requirements of different groups of population are taken into account i.e., children, elderly persons, women, disabled, populations affected by major natural and man-made catastrophes, etc.;

   c. to work out a classification of physical loads and of methods for assessing the functional state of organism, taking into account environmental conditions, psychological and physiological tension of organism;

   d. to carry out preliminary testing (to work out in this respect methods and standards for testing and assessing results);

   e. to ground the nutrition requirements from scientific point of view;

   f. to ensure dissemination of special knowledge among the population; and

   g. to ensure training of medical personnel for the above purposes.

5. We further recommend that the Clearing House initiate a study of European experience and current situation in the field of development and implementation of national Sports for All & Health Programmes, and in particular on problems mentioned.

CONCLUSIONS OF THE WORKING GROUP ON ORGANISATIONAL AND ECONOMIC ASPECTS OF SPORT FOR ALL AND HEALTH, PRESENTED BY PROFESSOR TADEUS YUSHKEVICH (BELARUS)

1. Popular sports and health movements are useful for the State as they contribute to the ethical education of the population, to spreading of healthy life-style, to decreasing of the level criminality and morbidity, to reducing of the number of working hours lost through sickness and thus increasing the productivity of labour.

2. The sports and health activities sector is not a production sector and cannot be based on the self-financing principles. The rise in the cost of sports and health services, seen in comparison with the existing average wage in East-European countries makes these services less accessible to the population.

3. The self-financing of popular sports and health organisations and material support for sports and health movements becomes difficult because of the shortcomings in legislation and taxation systems in the Republic of Belarus and in other countries.

   Relations with the sponsors are also difficult for the same reasons. At present it is not expedient to invest in the sphere of physical culture and sports. The sponsorship of the sports organisations is not stimulated.

4. Taking into consideration the objective benefits of sports and health activities of large strata of population it is necessary to create the favourable conditions for the financing of sport from other sources. For this purpose it is necessary:

   a. to create preferential taxation for the self-financing of physical culture and sports organisations;

   b. to introduce the control of the use of profits for the purposes of extension of health and sports activities and the improving of material resources situation.

   c. to make sponsors' subsidies tax-free in the sphere of physical culture and sport.

5. It is advised that all the countries of Europe pay particular attention to the physical culture and health of youth, using all the well-proved and non-traditional methods of work.

6. It is necessary to organise some International Seminars under the aegis of the Council of Europe on the economic and youth education aspects of Sport for All and Health.

CONCLUSIONS OF THE SESSION ON STRATEGIES FOR LARGE-SCALE NATURAL AND MAN-MADE INCIDENTS, PRESENTED BY PROFESSOR LUDMILLA IVASHENKO (UKRAINE)

1. Four countries - Japan, Belarus, Ukraine and Russia - presented seven papers at the plenary meeting dedicated to strategies for large-scale natural and technological catastrophes.

2. A number of actual problems concerning exercise for people suffering from ionised radiation because of the Hiroshima bombing (Dr Hideo Sazaki, Japan) and the Chernobyl Nuclear Power Station accident (papers from Professors Ivaschenko (Ukraine), Kalinkin (Russia), Guzalovsky, Shestakova, and Messrs Kramov and Skripko, Belarus) were discussed.

3. The following aspects were analysed:

   a. health state dynamics of the population affected by ionised radiation because of the Chernobyl Nuclear Power Station accident and in the result of the atomic bombing of Hiroshima;

   b. role of physical exercise in prophylaxis and treatment of diseases caused by after-effects of radiation catastrophes;

   c. influence of the mechanisms of physical exercise on people exposed to radiation;

   d. fundamental scientific research directions for mass sport amongst people suffering from the after-effects of the Chernobyl accident.

4. Analysis of the material presented in the reports from various countries demonstrates the negative dynamics in the state of health of the population attributable to irradiation. The increase of sickness rates depends upon the dose of irradiating radiation, and the duration on the degree of radioactivity as well as on several other exterior and interior factors, such as unfavourable ecological conditions, severe economic difficulties and associated changes in diet, non-co-operation with preventive measures by the population, etc. Unique data about the intensity of physical exercise in relation to sickness and death rates among victims of the atomic bombardment in Hiroshima were presented in a rich report by Dr Hideo Sazaki.

5. Data about children's and teenagers' resistance to radioactivity in contaminated areas are given in the paper from Professor Guzhalovsky (Belarus). The facts revealed by the author of children's inadequate response to low-intensity radiation loads during physical exercises, effects on the supporting-motor apparatus, retardation of cumulative adaptation processes,

etc., have not only theoretical, but significant practical value and can be implemented in the adaptation of school physical training programmes.

6. The research of Professor Tatiana Shestakova (Belarus) is very future-orientated and describes the mechanisms acting during radio-nuclide removal under the influence of physical exercise, diet, massage, phytotherapy.

7. The concept of establishing a system for assessing the exercise needs of children inhabiting areas with bad health conditions, put forward in the report of Professor Kalinkin (Russia), deserves attention for further spreading and study of this problem.

   A number of projects ("eco-sports", telecommunication mass competitions according to a new technology, etc.) proposed by the author, could be widely practised in the world's mass sports.

8. Finally, the following conclusions emerged from the discussion on the strategies required for large-scale natural and technological catastrophes:

   a. The contribution of physical exercise to health protection systems for populations which are victims of irradiation, with the aim of lowering the risk of sickness development, strengthening the organism's resistance to negative environmental factors, and strengthening its physical state, is recognised.

   b. Health-enhancing programmes should be orientated towards use of aerobic exercises.

   c. Physical exercises should be differentiated according to their aim, volume and intensity of load with a view to the state and health level (including the overall health conditions of the area inhabited) of the people practising them.

9. The Council of Europe's co-operation is requested to organise international seminars on actual problems of mass sports for populations living in ecologically unfavourable areas, the subjects being the following:

   a. Suiting physical activity to different sections of the population

   b. The effective promotion of technology for mass sports.

10. The Council of Europe's assistance is also requested for scientific and practical workers in the field of mass sports at leading research, educational and health promotion centres of Europe.

11. We recommend the creation, under the Council of Europe's patronage, of a group of specialists to draw up programmes on public health improvement for populations which have suffered from these catastrophes, by means of mass sports.

12. The scientists of countries which have suffered from the Chernobyl Nuclear Power Station accident address to the scientists and research teams in Europe a proposal for wide creative co-operation with the objective of working out effective medico-physical training technologies for bringing the population of these countries to a healthy state. Since the long-term effects of low-intensity radiation on the human organism are largely unknown, it will be a long-term project to assess the impact of physical activity.

CLOSING SPEECH BY MR LEONID KHROMENKOV, VICE-CHAIRMAN OF THE STATE COMMITTEE FOR SPORT AND PHYSICAL EDUCATION OF THE REPUBLIC OF BELARUS.

My friends,

These three days of hard work have gone by so fast, and now is the time to draw some conclusions. As representative of the host country, it is not my place to comment on the quality of the organisation or indeed the work - I think that's up to you, and to the Sports Division of the Council of Europe. But I think that even at this stage I can state that this Seminar on Sport for All for Health has taken us one step along the road laid down at the international "Sport for All" Seminar held in Finland in 1993. It has enabled us to pool and develop the results of the scientific research carried out at European level under the distinguished direction of Professor Illka Vuori.

I am confident that the aim of this Seminar at Raubichi is in full accordance with the "Declaration on the Significance of Sport for Society" adopted at the 8th Conference of European Ministers responsible for Sport in Lisbon last May. It also contributes to solving some of the problems raised at the XIIth European Sports Conference which took place only a few days ago.

It has enabled guests and Belorussians alike to exchange views on a matter which is fundamental to all our societies: health. We have just heard the reports of the working groups, and I hope that their conclusions will be widely published and heeded.

I would like to emphasise one point. I believe that, in conceiving the subject of the Seminar, the Council of Europe took into account the need to carry out scientific research on ways of strengthening the health of the populations affected by the Chernobyl disaster. The possibility of using sport to reinforce health in the wake of major natural or technological disasters, and the attempt to lay down the specification for appropriate physical exercise regimes, deserve everyone's attention irrespective of which continent they live in. This has been borne out by the participation of Dr Hideo Sasaki from Japan, who has informed us of his experience and his work in the aftermath of the tragic atomic bombing of his country.

We have listened attentively to papers by scientists from Ukraine, Russia and Belarus and have learned about the difficult conditions under which the affected populations live in the three countries ten years after Chernobyl. I would ask the Secretariat to give this problem a special place when drawing up the record of the Seminar for the Council of Europe. The Chernobyl catastrophe is not only a tragedy for the peoples of Ukraine, Russia and Belarus: it is a universal tragedy, and it would be a great wrong to futures generations to forget it and do nothing.

The working group leaders, as well as experts from many countries have repeatedly stressed the importance of organising further seminars on, for example, funding Sport for All, the development of sports clubs, and physical rehabilitation. Our Republic supports these proposals and it would be an honour for us to organise one of these seminars under the aegis of the Sports Division of the Council of Europe.

The organisers of the Seminar have tried not only to provide the best possible working conditions for the Seminar, but also to give you some idea of our country, its cultural and sporting past and present, and to provide you with an opportunity to meet us and discuss with us. Very soon now, some of you will be going home, returning to your families and your every-day preoccupations. I wish you a good journey and hope to see you again on Belorussian soil.

Sprint Seminar on Sport and the Law
(Paris, France, 25-26 October 1995)

FINAL REPORT

Introduction

The Seminar on Sport and the Law took place in Paris on 25 and 26 October 1995 on the theme "Settlement of disputes through court proceedings and/or through sports bodies". It was organised by the French Ministry for Youth and Sport in co-operation with the Council of Europe. The participants - some sixty lawyers - came from 35 European countries.

The lecturers chosen as well as the experience and professional profile of the participants - mostly persons directly dealing with the various situations and problems raised by the seminar - ensured an extremely fertile exchange of ideas.

The Seminar's main purpose was to inform and to contribute to the advancement of participants' views and thinking on the subject matter rather than to reach precise conclusions. This goal was achieved, in particular because most participating countries has sent back a questionnaire (sent out by the French authorities) giving comprehensive information on their national practice on the subject. This provided a solid basis for discussion.

After two days' discussion, the participants took note with interest of the concluding report presented by Mr Dominique Rémy (France) and retained two proposals submitted respectively by the French and by the Dutch delegations for further consideration.

These proposals concern in short:

a. further exploitation of the questionnaire and the comparative study of legal systems as they apply to sport, and strengthening contacts between representatives of States to improve mutual knowledge of the ways sports disputes are resolved in Europe (French proposal)

b. the elaboration of a checklist of fundamental rights or legal principles to be taken into account by sports federations when they draft rules or regulations, as well as a description of procedural rules to apply in the settlement of disputes (Dutch proposal).

Conclusions

Settlement of disputes through court proceedings and/or through sports bodies: Mr Dominique Remy: Head of the Sport Regulation and Financing Department of the Ministry of Youth and Sport (France).

Is it possible to sum up two such days of lectures and discussions? Furthermore, can this be done with complete objectiveness and detachment from one's national context? Possibly not; this summary must therefore be taken only for what it is, a tentative personal overview based on the abundant material presented by the various participants, which each person can and certainly will piece together differently. Let us say that these are the hastily rearranged notes of a moderately attentive listener. With the same chemical components very different molecules can be formed, and we have been plentifully supplied with molecules over these two days.

I find that at the close of its second day devoted to settlement of disputes in the sports world, our seminar, attended by experts from the States Parties to the Council of Europe Cultural Convention and held under the aegis of that organisation, has enabled us to address what is both a common and a topical problem. The seminar was intended to provide us with common tools and references; it may have helped to reconcile viewpoints, which would be a fortunate though not absolutely necessary bonus.

I think it should be reiterated at the outset, as some speakers have pointed out, that certainly in countries like France and Italy but probably also in others there is an impulsion towards the court, perhaps more than towards the law. There is a demand for universal legal values, and these are embodied at least emblematically in the European Convention on Human Rights. It is no longer possible, even in areas signposted by long-standing precedent, to disregard the references, for instance, to Article 6 of the Convention. Mr Garrone of the Council of Europe said at the opening of the seminar that he considered this provision applicable to at least part of sports litigation. More than a trend among lawyers, there is the idea that somewhere universal values really must be reflected in universal procedures, and everyone knows that liberal values are intimately linked with the basic concepts of legal procedures. This was the idea put to the informal meeting of European Ministers responsible for Sport, gathered together under the auspices of the Council of Europe, by the French Minister for Youth and Sport in April 1994: *it is permissible to question the validity of sports federations' prerogatives when they fail to comply with the general principles of law recognised by states like ours, as for example the presumption of innocence or the rights of defence, not to mention the disciplinary aspects. These principles, so essential to the operation of democratic societies, are too often ignored in the sports world.*

Sport will be increasingly affected by this simultaneous impulsion towards the court and towards universal procedures. We tend to reason according to the forms of national law, in some respects unsuited to the resolution of issues raised by the transnational character of sport. Certain legal entities, international sports federations and persons or bodies answerable to them, are elusive, able to relocate and take their choice of law without any change in their structures, management, etc. We have been accustomed, some of us for centuries, to a confrontation between court and state within a sometimes contentious but at least stable relationship.

Considering the attention paid by the press to the phenomenon (often concentrating more on this particular area than others, as Professor Ilesic remarked), and the fact that the colossal financial interests sometimes make the contest less unequal, we have to acknowledge this demand for formalisation of sport dispute settlement procedures and accordingly ask ourselves which direction any necessary change might take.

Legal Culture And Acculturation

Has the seminar given us insight in this respect? To exaggerate slightly, can the juxtaposition of thirty-five different types of legal experience yield, not a common opinion, which was of course not purpose of the comparison, but a common legal culture, a common perception of a whole array of problems and solutions?

Few subjects could have offered a better immediate chance of achieving this than the one chosen by the Council of Europe. Had we debated the pecuniary responsibility of sports federations in the organisation of competitions, I doubt whether each of us could have come away with such a store of ideas, above and beyond enhanced general knowledge.

A seminar like the present one presupposes that legal acculturation can be deemed capable of succeeding. Its success also presupposes that the tree, ie the receiving legal system, is compatible with the graft.

In sport, and especially in our sphere, such acculturation is not just possible but perfectly natural because the very nature of sport inevitably raises comparable if not identical problems in all countries. The train of logic is virtually irrefutable:

If there is to be sport, and not just physical activity, there must be competition. There can be no competition without a rule for grading the competitors. Thus there are two requirements: an institution must lay down the rule, ie not only the rule of the sport but more generally the rules of competition (standards to be met by the grounds where matches are held, date and time of fixtures, etc), and an institution must enforce the rule (referees on the field, sports commissions for other types of rules, etc). Professor Ilesic's written contribution featured a quote from Professor Alaphilippe dating from 1992 and illustrating the profoundly legal nature of sports activity, and yesterday Professor Collomb noted that *"sports are in a way subject to justice even before being taken into consideration by the state legal system"* because *"the sports world is in itself profoundly legal"*. And, to cap it all, since there is but one rule by which to determine who is better, *"higher, swifter, stronger"* (not a superlative but a comparative; best is only by comparison to others), this institution by definition can only exist as a single exemplar for a given territorial level.

This fact is necessarily universal; consequently, even before any acculturation process takes place, legislators are under the same constraint and face essentially similar problems. Taking some examples from another continent, I do not believe that France and the United States can be suspected of having followed each other's lead for their sports legislation. Yet in a comparable situation where conventional sports federations co-exist with other federations whose active members are grouped according to non-sport interests - eg as students, service personnel or disabled - American law establishes the same distinction as French law between their respective functions: the Americans refer to them as *national governing bodies* and *amateur sports organisation*, the French as "governing federations" and "interest federations". Two other examples in the same transatlantic register concerning professional sport and therefore only marginally relevant nevertheless clearly demonstrate the broadening of the issues: they relate to the problems over conflict between sport organisation and law of competition. On that score, Professor Coccia amply demonstrated to us by the impressive digest of litigation contained in his written contribution that the relevant problems were encountered in six European countries; they also occur in the USA. Likewise, there is at present one club which contests the federation's single merchandising contract by alleging that it constitutes a breach of free competition on either side of the Atlantic; this is known as the ADIDAS case here and the "Dallas Cowboys" baseball case over there.

Disputes arising from sports activity are thus bound to be very comparable in all countries, as Professor Real-Ferrer said in concluding his statement: the inevitable recurrence of disciplinary bodies, statutory disputes, litigation over the application of match organisation rules (matches lost by withdrawal, etc) should logically indicate a certain convergence. Obviously, as is plain from the results of the questionnaire we answered, the role of national justice in reviewing decisions varies greatly, and so does the competent court where choice is possible. It can act in a capacity external to the dispute or on the other hand assume full jurisdiction over it, concern itself with procedure or substance too, and so on. Professor Karaquillo even showed us how in certain cases the court can turn to the sports body by giving it a judicial task of conciliation. This brings us nearer to the diversity of the national legal situations. But many, perhaps all, lecturers stressed the diversity of these "sports disputes", of which Professor Coccia gave an extensive overview and outlined not one but several typologies.

Therein lies the full interest of the pre-litigation phases, whose concatenation was explained to us (as the "federative channel" by Professor Real-Ferrer, or "internal appeal procedures" in French law, followed by recourse to conciliation or external review then referral to the national justice system). Mutual inspiration is possible, and furthermore already exists. In the years preceding the French law of 13 July 1992 which established conciliation is sport, there was a certain agitation among those interested in the subject in France. The law of 16 July 1984, by repealing an unenforced provision of the earlier law, had sounded the knell of an arbitration function for the Olympic Committee, thus rejecting a possible foreign model (Belgium and Luxembourg, as several principal or incidental speakers reminded us; we also learned from the Polish delegate that the same applied in Poland). The Conseil d'Etat was then asked for a report, which advocated setting up along Spanish lines (as understood by French jurists before Professor Real-Ferrer explained to us in his statement that CEDD decisions were not judicial but administrative) a Higher Sports Disciplinary Commission as a specialised administrative court. Colloquies raised the question "Which judge for sport?", and a bill which had come under discussion in Parliament even set out to empower the Minister for Sport to set aside sports federation measures deemed unlawful. However, the bill did not survive the change of government.

Thus the "Spanish model" was eventually rejected by the government and a different solution emerged at the instigation of a parliamentarian wishing to table an "anti-bureaucratic" amendment. This debate took place in France in 1991-92. It has now calmed down since there is comparative unanimity regarding conciliation and especially the concrete application thereof by the Olympic Committee and its conciliators (for solutions are not provided by the law, but by the women and men who bring laws to life). No-one better than Professor Karaquillo, chairing the French Olympic Committee's conference of conciliators in addition to his academic activity, could have itemised the machinery and reasoning of French-style conciliation. Attention should nevertheless be drawn to the influence which the perception of practice in neighbouring countries had in the debate. Let it be said in addition that the discussants did not have access, as we shall have in a few months, to the records of this seminar amplified by the replies to the Council of Europe questionnaire which were drafted by experts from 35 countries.

"Sports Law"

We are talking about disputes which in many cases occur within organised groups between certain of their members over rules adopted by the group itself. Should we regard these rules as law and the decisions ruling on their application as decisions of justice? Let us note, as Professor Collomb asked us to do in his introduction, the "formal dissymmetry" described as inevitable by Professor Coccia, or should we say the "judicious caution", inherent in a seminar title formulated "Settlement of disputes through court proceedings and/or through sports bodies" rather than "State justice and sports justice". The lectures, however, frequently discarded this reserve and used the foregoing expressions. Caution on that score is not new either.

Saint Augustine fifteen centuries ago and Kelsen this century invoked the same metaphor and denied, though for opposite reasons, the possibility of law emerging otherwise than from statutory authorisation. This is something of the sentiment expressed by Professor Collomb in saying that sport cannot form an alien enclave within the aggregate society in terms of dignity and liberty.

Some legal systems accept more readily than others the retention of private justice systems, of which arbitration is precisely the hard core. The permanence of a partly transnational law of non-state origin, the *lex mercatoria*, unquestionably accounts for the unrivalled extensiveness of arbitration in commercial law and the law of international trade, as Professors Ilesic and COCCIA pointed out. Still on our continent arbitration, though of course lawful, is subject to the control of "state" justice, as several speakers reminded us and, it might be added, an institution does not compromise with one of its members under the same conditions as two parties to a contract. The question of the lawfulness of the arbitration clause thus becomes crucial, like that of the lawfulness of the clause waiving referral to the courts. It is clear that while ordinary law allows both arrangements, the law of sports institutions is recognised by the state at least for practical purposes if not totally. This is exactly the situation in Swiss law as Mr J-P Rochat said in his concluding expression of personal conviction, supported by practical examples referring in particular to the organisation of the Atlanta Games, that sports arbitration is destined to develop. This is the kind of recognition invoked by Professor Real-Ferrer, together with Professor Coccia, in the part of his lecture advocating its general application subject to limitations which he specified, pointing out that it retained an admittedly minor place in the Spanish system alongside the disciplinary and electoral areas.

According to the results of our questionnaire (II f), this is not the predominant situation in Europe. Nor is it at all the case here in France as other impediments drawn from the rules of public law preclude recourse to judicial arbitration. This is heightened by the doubts which certain representatives, particularly those of Belgium and Austria, expressed regarding the independence of the Court of Arbitration for Sport, to be countered by Professor Karaquillo with the argument that if a state-appointed judge can be independent vis-à-vis the state, the same may apply to the one appointed by the sports institutions.

Yet it must be acknowledged that straightforward recognition of "sports justice" by the State is often difficult, because it is hard for the state not to claim the right to have its courts verify the conformity with its own legal order of rules originating in the sports movement and applied by its private justice, and furthermore because the actual procedures are not always equal to the issues at stake. It is striking that several speakers, in particular Professors Karaquillo and Collomb, used the terms "oversight" or "verification" of the decisions of federal bodies responsible for the settlement of disputes. Professor Coccia drew a distinction in this respect between "private legal order" and "legal order of the sovereign state", conceding that sport had the first characteristic but not the second.

In applying exclusively sport-derived rules, the sport arbitration machinery guarantees fair and independent settlement of disputes, which perhaps accounts for the fact that all but one of the completed questionnaires mention the impossibility for a court to deal with such an issue proprio motu (II a) and even, as Mr J-P Rochat reminded us, that the Court of Arbitration for Sport refuses jurisdiction over such disputes. Professor Coccia elaborated on and explained this remark; Professor Ilesic demonstrated the foundation of the refusal in the state court's lack of competence *ratione materiae* for game rules. But as soon as we leave the playing-field and consider the issues of power within sport institutions, their behaviour and structures may diverge from our legal criteria: sometimes the distinction between executive and disciplinary functions vanishes (contrary to the principle of *nemo judex in causa sua*), the procedures themselves may be mishandled so much that the respondents are not heard (contrary to the principle of *audi alteram partem*), and time factors cannot always satisfactorily account for these shortcomings. Thus the law must occasionally act as tutor, not by expounding procedure at length but by proposing or even imposing procedural models complying with these principles. This was the gist of a reply by Mr Rochat to a question from a participant on the extension of appeal to the CAS.

The European Anti-Doping Convention, concluded under Council of Europe auspices but, I stress, not universally ratified, forms an example of positive law, *binding law*, concerning procedures as it contains an Article 7 requiring inter alia that there should be disciplinary procedures "applying agreed international principles of natural justice and ensuring respect for the fundamental rights of suspected persons", who are enumerated.

Law of Sports Institutions and Rule of Law

The latent question, nevertheless clearly expressed over these two days, which seems to pervade the law applied to sport is not the sports world's penetration by legality but rather observance of the rules whose existence is accepted throughout Europe and embodied by such instruments as the European Convention on Human Rights: respect for the rights of the defence, publication of regulations, application of general rules to specific cases, etc. Yesterday morning Mr Ravazzolo stressed that the subject of law, the sports participant, is indistinguishable from the citizen and retains the citizen's rights.

This difficulty is not purely legal but also procedural: the interests at stake in a sports dispute are often so slight in pecuniary terms (but so great in symbolic and personal terms for those concerned), and the procedures so long by comparison with a sporting career as some speakers pointed out, that it would usually be of small advantage to institute proceedings. Yet as Mr Ravazzolo said, sport fulfils a social need which means that everyone in fact holds a true subjective right to engage in it. Moreover, a judge, lost in an unfamiliar universe whose very terms ("umpire"!) do not mean the same as in his own parlance, does not necessarily have the political means to impose what he regards as the "legally correct" situation.

When a judge considers that a restriction applied to the employment of naturalised players by a federation - for entirely non-racist and altogether respectable reasons, furthermore - infringes French law, he sets aside the regulations in question. But what can the judge do if all clubs decide to continue applying the rule because in their view it secures balance and thus the interests of competition? Nothing at all. This is what Professor Collomb explained to us by adverting to cases of ineffectiveness in the law applied to sport.

The judge's maladjustment and helplessness when faced with the rules of sports institutions obviously recur more forcefully still at continental or international level. Here, where a state-appointed judge no longer has any direct competence for all aspects of the problem, the most powerful international federations (the most powerful of all having been identified by Mr Ole Borch and also by the Greek and Maltese representatives) enjoy a form of extraterritoriality according to Professor Real-Ferrer, an expression to which the Austrian representative objected. The fact remains that they may literally exempt themselves from the law. This is moreover the consideration which prompted the Maltese delegate to suggest establishing an international administrative court dealing with sport.

The penetration of the sports world by the law can therefore be achieved only through adaptation of the law and the judge, with the foundation of a Court of Arbitration for Sport by the International Olympic Committee. Mr Rochat's statement on this subject clearly showed us how the sports movement, while securing the state judge's recognition, is quite capable, if so inclined, of evolving settlement procedures (I might have said "judicial procedures") perfectly in keeping with our canons. The setting up of a Court shows that our common legal values have begun to be accommodated, and that the sports institutions of their own accord have undertaken at least a partial renewal - albeit from the top - of their internal structures. Many of those who made presentations or comments identified arbitration as this meeting-point between sports institutions and national law.

Our concerns were doubtless centred chiefly on the national level and the disputes under consideration were for the most part national. However, as Mr Ole Borch or Professor Real-Ferrer said, a sizeable proportion of the litigation involves transnational disputes, ie athletes or sports groupings of a given country challenge decisions taken by sports federations based in another country. In addition to a recent case of a French football club versus the UEFA before the court at Berne, you will remember those of a Swiss athlete versus the IAAF before the British courts or a

British Formula 1 team challenging the FISA international motor sport federation before the French court. Here the "state" court often appears as a factor of uncertainty or even unpredictability, according to Mr Borch. Once again, only a common perception of these problems can help bring about some degree of continental uniformity. Professor Ilesic went further than anyone else by ending with the call for an international convention to regulate sports arbitration.

Conclusion

After such a productive seminar intended to provide us with tools I believe that the conclusions, which cannot lay claim to be any more exhaustive than the foregoing summary, should necessarily bear on the tools themselves.

The first of these was the questionnaire in preparation for the seminar, designed to advance our mutual information and still requiring fine adjustment. So many diverse situations underlie each of the "Yes-No" answers! The names of the persons who completed the questionnaires tell us whom to contact for the details still outstanding.

The second tool is the seminar itself, or rather its aftermath; it has raised many issues which now have to be clarified. We cannot be content to formulate them and go no further. It is certainly to be hoped that such a meeting will have a sequel and that the new member states of Central and Eastern Europe may find support in the SPRINT programme with a view to improving our mutual information on these questions through their participation.

Sprint Seminar on Sport for People with Disabilities

(Bratislava, Slovakia, 2-4 November 1995)

Summary Report by the Representative of the CDDS, Dr Pavel Belšan, Czech Republic.

This evaluation of the proceedings and outcome of the seminar concerns four basic areas:

1 Programme and organisation of the seminar
2 Lecturing participants and their contribution to the outcomes of the seminar.
3 Urgent problems.
4 Suggestions and recommendations for the future strategy of the Council of Europe's CDDS.

1. Programme and organisation of the seminar

The Seminar was organised very carefully with the appropriate conditions created for the participants and with the selection of experienced lecturers from countries where the system of care for the disabled has been introduced long ago and successfully carried out. The contents of the seminar corresponded with the timely needs of the new countries with regard to the application of sport in all its forms for the benefit of disabled people. In this respect a major setback was caused by the fact that some delegates did not know about the existence of the Charter as such and did not know its recommendations and principles. Consequently their reports about the current situation of the problem in their own countries were influenced by this fact. It is also worth commenting that some delegates did not have enough information and knowledge about the Council of Europe, its structure, role and functions as well as about its political mission.

During the course of the conference another major setback occurred, namely the rather low ability to communicate in foreign languages of some delegates. This was an overwhelming phenomenon, which was partly compensated by the work of very professional interpreters. For this reason it was also necessary to translate into Russian.

CDDS should in my opinion issue the rules containing the instructions for maximally stabilised system of nomination of delegates in addition to other recommendations in the sense that each delegate must be equipped with exact and right information as a condition for the functioning of managing activities of CDDS.

Some speeches made an impression of presenting pure subjective opinion without respect and understanding all existing circumstances. The role of CDDS should be in outlining the exact guidelines, which would bring univocal and exact information. This is a task for the organiser of such an event.

In principle it is necessary to formulate a specific organisational approach to the given problem. To overcome language difficulties, which is not easy to manage in a short time, it would help to work out a written report based on an agreed draft. A similar attempt has been made by the Clearing House for Bratislava by working out a questionnaire, which some of the countries did not answer.

2. Lecturing participants and their contribution to the outcomes of the seminar.

All assigned lecturers have fulfilled their task perfectly. They have shown not only professional knowledge, but also long term and extensive practical experience. They have contributed decisively to the success of the seminar and its conclusions. Programme of lecturing has been successfully co-ordinated by Mr Vladimir Grieger, Chairman of the Organising Committee of the Seminar and by Mme Renée Gautron from the Secretariat of the CDDS, who was present.

3. Urgent problems.

The seminar has defined the most urgent problems as follows:

a. Sport for the disabled is placed differently in the structure of sport. In some cases top level sport is given the highest priority, in other cases sport for all is preferred and the function of sport as a means of social rehabilitation of the handicapped, their integration in the society and functional compensation is neglected.

b. Sport for the disabled is regarded by the society as a whole as an extravaganza of the handicapped and not as an integral part of the social care for the disabled citizens.

c. It turns out that the application of the sport for the disabled requires a complex structure of management and co-ordination, training of specialists, preparation of programmes, necessary scientific research for the improvement of the current state and the involvement of government and non-government organisations in co-ordinated activities to solve the existing problems.

4. Suggestions and recommendations for the future strategy of the Council of Europe's CDDS.

The CDDS representative recommends:

a. that sport for the disabled be regarded as a priority in the activity of CDDS;

b. member countries be committed to this pledge, because it is an important part of the democratisation and humanisation of the society in the process of the political, social and economic transformation;

c. that a standing commission of CDDS be created composed of the specialists nominated by the member countries and selected in a competition;

d. to find a way for the entry and following integration of the SPRINT countries into the structures and activity of the Council of Europe and the CDDS;

e. to apply at the same time the inventory of basic documents of the Council of Europe

f. to present the list of respective documents according to their specialisation and how to get access to them through the Clearing House;

g. to consider the possibility of making an inventory of the documents for the delegates of SPRINT countries with the following contents:

  - political role of the Council of Europe,
  - importance and application of the documents adopted,
  - the organisational structure of the Council of Europe,
  - conditions and possibility of member countries' participation etc.

These suggestions are an important factor for the acceleration of active participation of the SPRINT countries in the activities of the CDDS.

The CDDS Representative proposes:

a. to consider the possibility to put this topic on the agenda of the next conference of the Ministers responsible for Sport;

b. to stress the necessity of integration of the sport for the disabled into the sphere of social care in each country, because it is the area, which is closely observed by the European Union as a condition for the integration for new countries into the EU;

c. because of the low level of language competence of the SPRINT countries, to find ways to abolish the language barrier of these countries.

CONCLUSIONS ADOPTED BY THE SEMINAR PARTICIPANTS.

1. the seminar was very successful in collecting new information about the situation of adapted physical activity in the countries taking part and the summary of the pre-questionnaire consists of valuable information and statistics.

2. the presentations of the speakers from seven European countries and the practical demonstrations of sports for disabled people can be used to broaden the sports culture in Europe in the near future.

3. the seminar requests that the Sprint activities of the Council of Europe be continued, and stresses the following needs:

a. some countries need help to make national translations of the "European Charter for Sport for All: Disabled persons" and also for building up better contacts inside the countries for making the charter known in their sports administration.
b. some of the countries could establish their own national "liaison" organisations, and the Council of Europe could help in these countries.
c. the Clearing House should collect all new data and statistics by publishing new information will help member countries to go forward in the area of sports for disabled persons.
d. there should be good information exchange between the Council of Europe and the European Union and sports organisations, such as ENGSO, in the new situation.
e. bilateral seminars should be developed to meet especially the needs of those countries which have strongest needs for foreign experts or know-how from abroad.

Appendix
Summary reports of the three working groups[11]

RECOMMENDATIONS FROM THE LEGISLATION WORKING GROUP, chaired by Mr Carl Wang, I.P.C

The group focused on the following 3 issues:

1. the implementation of the European Charter for Sport for All: Disabled Persons;
2. the approach to legislation and;
3. improvement of co-operation.

1. Implementation of the European Charter for Sport for All: Disabled Persons

The first matter dealt with by the Group was the implementation of the European Charter for Sport for All: Disabled Persons, the aim being to see how it is applied in practice and the impact of the Charter's principles at national level.

The Charter serves as a reference document for the adaptation of sporting facilities in Germany and has been translated by two other countries, namely Poland and the Czech Republic, which also has a policy of carefully targeting the distribution of the document.

However, apart from these positive efforts, it has to be said that there is a major problem of access to Council of Europe information and reference documents, which some participants were not even aware existed. Accordingly, these participants urged the Council of Europe to resolve the problem.

This unawareness leads inevitably to the next comment, namely that no proposals were made to add to the Charter.

2. Legislation

- As regards legislation, an analysis of national situations showed that different approaches are taken depending not only on the type of legislative system in force in the country in question but also on the way in which relations between the public authorities and sports associations are managed.

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[11]

I.PC.	International Paralympic Committee
B.S.A.D.	British Sports Association for the Disabled
F.A.S.D.	Finnish Association of Sports for the Disabled

- These differences give rise to diverging views on whether to adopt specific legislation to promote sport for the disabled or to rely instead on general legislation.

Whatever the choice, it is generally agreed that the following should be provided for in legislation:

- guarantee accessibility of sports facilities;
- fair apportionment of public subsidies for sport for the disabled (including clear identification of the purposes of such subsidies).

There should also be provisions defining the responsibilities of public authorities and sports associations at national, regional and local level.

The conclusion would seem to be that it is up to the member states to take the necessary measures with reference to their national context and the principles of the Charter.

There are three more matters which need to be taken into consideration:

a. many countries are currently in a period of transition entailing in particular a complete recasting of their constitutional and legislative systems; in this context the adoption of legislation on sport is probably not regarded as a priority;

b. this transition also entails a change in the approach to policy for the disabled; organisations for sport for the disabled must learn to acquire independence from governmental organisations; they must assume their responsibilities in the decentralisation process; they must become accustomed to the need to promote and organise sports activities for the disabled at a basic level, namely the local level;

c. finally, allowances must be made for the difficulties inherent in implementing legislation during a period of severe economic recession.

It would also be a good idea to develop links with the community so as to promote the idea of sport for the disabled as a means of integration.

3. Improvement of co-operation

In this connection, it was suggested that the Council of Europe and the European Union should keep each other informed of their respective activities to promote sport for the disabled so as to avoid any duplication.

RECOMMENDATIONS FROM THE FINANCIAL WORKING GROUP chaired by Mr Gordon Neale, BSAD.

There were eleven countries present during the workshops.

The mixture of people produced a well informed multi-cultural approach to the concept of marketing.

To some, the idea of professional marketing was a totally new concept. However, by the end of two meetings, four positive recommendations were tabled:

1. A more detailed and committed legislation on funding
2. A better system of exchange visits, both mutual and council
3. A research programme into participation
4. Disabled sport is placed high on the agenda of the next Conference of European Ministers responsible for Sport (1999).

RECOMMENDATIONS FROM THE LOCAL AUTHORITIES WORKING GROUP chaired by Mr Kari Koivumäki, FASD.

1. to the Council of Europe:

Biggest problem - Theory →Implementation

- Information from Council of Europe could be sent to an organisation in the country, in sport for disabled people, as well as government organisations;
- Filter of information to local level could then be better;
- Some countries require assistance with translation of the Charter and other documents;
- Some countries require prioritising of help from Council of Europe;
- Facilitate an exchange programme for experts in specific areas to particular countries;
- Council of Europe could facilitate central co-ordination;
- Methods to off-set travel costs must be examined.

2. to the International Paralympic Committee:

- Assist countries in setting up of National Paralympic Committee.

SPORT IS FOR A BETTER LIFE

Seminar on Sports Management

(Berlin, Germany, 11-15 September 1996)

Synopsis

Countries: 15 (+ 1 Swiss lecturer)
Participants: 15 (+ 5 lecturers)

CONCLUSIONS

This seminar was designed as an information exchange on:

1. structure of sport,
2. importance of economic way of thinking due to club sport, financing, marketing and sponsoring in clubs,
3. planning and organisation in clubs,
4. education and further qualification of club staff.

The representatives of the different countries were given hints and orientation for building up their own structures of clubs and associations in their home countries.

The seminar was a forum of international exchange of experiences.

A general method during the whole seminar was the connection of giving regards contents input with practical work in original steps.

The elaborated knowledge and orientation could be reflected in the reality of sport: the participants visited specially chosen clubs and met the reality in club management.

This kind of connection between regards contents and direct visual instruction is proved to be worthwhile and could be continued as "Berlin Model".

The participants got detailed material by the lecturers. Furthermore they got their own elaborated papers immediately. (These papers are available from the Academy).

Regional Seminar on Sport for All and Health

(Sofia, Bulgaria, 8 - 9 November 1996)

CONCLUSIONS AND RECOMMENDATIONS

1. Introduction

The Committee for the Development of Sport (CDDS) of the Council of Europe, the Committee for Physical Education and Sport of the Council of Ministers of Bulgaria and the Bulgarian Association Sport for All organised a Regional Seminar on "Sport for All and Health" on 8 and 9 November 1996 in Sofia. This Seminar was a follow up to those already organised by the CDDS on the same subject in Kisakallio (Finland, 1993) and Raubichi (Belarus, 1995).

2. Participants

The Seminar was a Regional Seminar, especially destined for the Balkan countries, members of the CDDS (Albania, Bulgaria, Bosnia and Herzegovina, Croatia, Cyprus, Greece, Moldova, Romania, Slovenia, "the former Yugoslav Republic of Macedonia" and Turkey). 7 Balkan countries out of 10 invited sent 2 or 3 representatives to the Seminar. Hungary was also present as an observer. There were about 20 participants from Bulgaria.

The present report describes the principal conclusions and recommendations adopted by the participants at the Seminar.

3. Seminar Venue

The Seminar was held at the Sofia International Management Center (SIMC) at Bistritsa, located at approx. 20 km from Sofia.

4. Aims of the Seminar

The principal aim was to find which strategies are appropriate and can be implemented in the Balkan countries to develop sport and physical activities, in order to improve public health of the population.

5. Programme

The programme was drawn up at the preparatory meeting (Sofia, May 1996).

Each theme, introduced by a lecturer, was followed by an exchange of experiences and a discussion. All lecturers have fulfilled their tasks. They have shown not only professional knowledge, but also long term and extensive practical experience. They contributed largely to the success of the seminar and its conclusions.

The principal themes were as following :

a. *Contribution of sport and physical activity to public health* (presentations on Significance of sport for society health, on promotion of health-enhancing activity in the Balkan States)

b. *How to realise the health potential of physical activity* (presentations on the elements of promotion, on how to develop a strategy and a policy, on how health-enhancing physical activity be promoted in Balkan States)

c. *The role of programmes, projects and events in the promotion of health-enhancing physical* activity (presentations on exercise for health programmes, on Eurofit for children and adults)

d. *Fitness assessment in the promotion of health-enhancing physical activity* (presentations on implementing the Eurofit batteries for the assessment of health - related fitness, on the Balkan experience in the assessment of health related fitness and implementation of Eurofit, exercise testing precautions of the implementation of Eurofit for adults).

The participants warmly thanked the Bulgarian authorities for hosting and organising the Seminar and for the generous hospitality with which they had been received in Sofia.

6. Conclusions And Recommendations adopted by the participants

The Working Party constituted of the assigned lecturers (Illka Vuori (FIN), Pekka Oja (FIN), Willem van Mechelen (NED) and Nick Cavill (GBR) drafted the following conclusions and recommendations to the CDDS :

Session 1:
Contribution Of Sport And Physical Activity To Public Health

Conclusions

Public health is the collective human energy that can be used for the cultural and economic growth and development of the people. Reliable research evidence shows that physical activity has very great potential to improve public health of the whole population independent of its characteristics and social status. Further, there is a continuous trend in research to show additional health benefits and this trend is likely to continue.

The health potential of physical activity is based on the following facts:

1. physical activity is a natural and essential stimulus for the development and maintenance of biological structures and functions.

2. lack of normal physical activity results sooner or later, in inadequate biological structures and functions, some of which are regarded as symptoms and some factors or signs of diseases. Many symptoms, illnesses and insufficient functional capacity are common in many risk populations, partly because insufficient physical activity is common. Part of the effects of physical activity, especially those related to functional capacity, are unique to physical activity, i.e. they cannot be achieved by any other means.

   Physical activity, especially in the form of play, games and practising sports can have valuable psychological and social effects.

   Furthermore, all segments of the population can benefit from the biological stimulus, which physical activities offer.

   A great part of health benefits of physical activity can be gained by activities that are moderate in amount and intensity in relation to the individual capacity and the nature of the activity. .

   Consequently health-enhancing physical activity is possible, acceptable, affordable and safe for a great majority of the population. At the same time offering opportunities for participation in health-enhancing physical activity for the population by providing respective conditions is economically possible for most societies. This calls for an emphasis to provide opportunities for basic modes of physical activity and full appreciation and use of the opportunities offered by national and local traditions, conditions, skills, attitudes and motivations.

   In summary, it is worth investing in physical activity for the sake of health, functional capacity and quality of life, that in turn can lead to cultural and economical growth.

Recommendations

To member countries:

Physical activity should receive a similar degree of attention as other important living habits and measures that affect the health of the whole population.

Consequently, the provision of conditions enabling participation in basic health-enhancing physical activities should receive high priority in resource allocation on state and local level and on all relevant sectors such as sport, health, education and transportation, as well as in services for children, youth and old citizens, as well as for persons with disabilities.

To the CDDS

On the basis of the potential of moderate physical activity for enhancing health and well- being of individuals and populations, and consequently the cultural and economic development, physical activity and sport for all should be treated in the work of the Council of Europe in closer collaboration with the public health sector.

Sessions 2 And 3
How To Realise The Health Potential Of Physical Activity
Role Of Programmes, Projects And Events In The Promotion Of Health-Enhancing Physical Activity.

Conclusions

National strategies for promoting health-enhancing physical activity should be developed within a public health framework, targeted at populations with sedentary life styles. Moderate physical activity on daily basis should be promoted.

Such strategies should reflect consensus from a broad range of public and voluntary authorities and should take into account the determinants of physical activity behaviour.

Effective promotion of health-enhancing physical activity has many elements, including collaboration with policy makers, mass media, professional education, and encouraging community initiatives. These elements should be integrated within a coherent national strategy.

Many health enhancing physical activity across the Balkan region are taken place initiatives such as sport for all, festivals of sport, exercise for health or challenge days.

The initiatives should be encouraged and developed more.

Recommendations

To member Countries (and, in the context of this seminar, in particular the Balkan countries)

The Countries should take into consideration in their policy-making physical activities, which can enhance health, and in particular such activities that can be carried out as part of daily life.

Priority groups within populations need to be defined, based on public health principles, and on national traditions and current patterns of physical activity participation.

To the CDDS

The CDDS is invited to:

follow-up the Recommendation No. R (95) 17 of the Committee of Ministers on the Significance of sport for society for promoting moderate intensity physical activity for health, recognising the need for more specific recommendations when addressing particular health conditions.

Session 4
Fitness Assessment In The Promotion Of Health-Enhancing Physical Activity

Conclusions

Health related fitness is a new fitness concept developed in the 1990's.) The concept is built on Bouchard et al's[12] activity-fitness-health framework and its dimensions and components have been derived from scientific evidence, showing the health and functional benefits of physical activity.)

EUROFIT for adults is a new test battery, introduced by the Council of Europe, specifically designed for the assessment of health-related fitness among people of working age population. The battery provides for the assessment of the level of health-related fitness of individuals and populations, and for the evaluation of results in terms of population norms, and health criteria values. The battery is meant to be used in promoting health-enhancing physical activity. Assessment of health-related fitness is a starting point, follow-up measures for behaviour change should use multistage phsychological processes through which lasting active life style can be adopted.

Recommendations

To member States

Strengthen and initiate the implementation of health-related fitness assessment as part of the promotional efforts of health-enhancing physical activity.

Proper training of testers on a national and regional basis is recommended.

To the CDDS

The necessary measures should be taken to support and facilitate the implementation of EUROFIT for adults in the Balkan and other countries, particularly in the context of promoting health enhancing physical activity for the whole population.

A European meeting should be organised to pull together the recent experiences regarding the use of EUROFIT tests for adults.

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[12] see "The significance of Sport for Society" 1995 ISBN: 92-871-2716-6

Sprint Seminar on Topical Problems of Anti-Doping Policy
(Prague, Czech Republic, 8-10 November 1996)

Final document

The participants at the SPRINT Anti-doping seminar held in Prague on 8-10 November 1996 (representatives of 24 CDDS countries, including all of the 17 countries which are beneficiaries of the SPRINT Programme), having heard presentations[13] by experts on legal and educational aspects of anti-doping activities, adopt the following conclusions:

1. In general

    a. Countries in the process of developing relatively new, independent sports structures share the commitment of the whole sports movement to the fight against doping in sport. They condemn unreservedly the state sponsored doping of the past.

    b. Like all countries, they have to establish priorities in planning their anti-doping activities, particularly in order to catch up with countries which have longer experience in the field.

    c. The ethical basis for rejecting doping in sport is under attack from the insistence on victory at all costs which is associated with modern, commercialised sport, and which affects sportspersons and their entourage alike. Ways must be found to reconcile sport with its ethical foundations, acknowledging the imperative to protect public health and safeguard the interest of medical ethics.

    d. Many important aspects of anti-doping policy and action can be realised without major financial outlay. These include:

        i. from the legal point of view, adopting anti-doping rules or regulations that are fair, clear, effective and as consistent as possible with international norms such as those of the Anti-doping Convention and the Medical Code of the International Olympic Committee;

        ii. with regard to education, preparing and implementing education and information programmes, paying particular attention to young sportspersons.

2. Legal questions

    a. Anti-doping activity is founded on ethics and health. Rules give a legal and unified expression to this basis.

    b. To be effective, anti-doping rules must ensure, as a minimum, that:

        i. the anti-doping body is properly authorised to conduct all appropriate controls and act on their results;
        ii. no drafting defects or omissions undermine the validity of the rules;
        iii. the procedures are adequate to determine that an offence has been committed;

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[13] Texts of speeches and presentations available from the Organising Committee at the Ministry of Education, Youth & Sports of the Czech Republic

    iv. potential defence strategies based on technical considerations are anticipated (minor procedural deviations waiver);
    v. rules are consistent with general practice in other relevant jurisdictions.

  c. Rules must not infringe the constitutionally protected rights of sportspersons who, as citizens, have the same rights as any other. Sports organisations owe due regard to their members.

  d. Rules should in particular guarantee the protection of sportspersons who are minors.

  e. The Court of Arbitration in Sport is acknowledged as a mechanism for arbitrating sports questions. Its adjudications cannot prevent sportspersons from exercising their right of access to a court in defence of their interests if the above rules and principles are not scrupulously followed.

3. Educational and information activities

  a. Education and information activities are, together with doping controls, the most important weapons in the fight against doping.

  b. To be effective, educational material must be:

    i. adapted to well-defined target audiences and delivered through appropriate media;
    ii. honest, truthful, clear, easy to understand, realistic and interactive;
    iii. evaluated and adjusted to ensure continuing relevance and effectiveness;

The Europack "Clean Sport Guide" provides the appropriate information for such activities. This information needs to be properly developed to suit the specific needs of each activity.

  c. Effort is also needed to improve the general public's awareness and understanding of doping questions.

4. Recommendations to the CDDS and the Monitoring Group

  a. Means should be found to involve the academic community in evaluating the effectiveness of anti-doping work and of pooling the experienced gained at European level.

  b. Both the CDDS and the Monitoring Group of the Anti-doping Convention should pursue their efforts to remove or reduce the disharmonies between different sets of anti-doping rules and other measures, which undermine the cohesion and effectiveness of the whole anti-doping movement.

  c. The CDDS is invited to continue to support anti-doping seminars in the framework of the SPRINT Programme as one way of providing practical help to the countries involved and working towards greater parity throughout Europe.

  d. The Monitoring Group is encouraged to pursue its efforts to develop aids for education and information activities and to promote research in the scientific, technical and legal fields.

5. The participants warmly thank the Czech authorities for hosting and organising the Seminar, with all the preparatory work the task involved, and for the generous hospitality with which they had been received in Prague.

Synopsis of the Parliamentary Assembly / CDDS Consultative Meeting

(Moscow, Russia, 19 November 1996)

SYNOPSIS

Field of Activity:	Sport
Type of Activity:	Parliamentary Hearing on Sport
Country:	Russia
Place and Date:	Moscow, 19 November 1996
Participants:	Council of Europe: a. Parliamentary Assembly Chairman and 4 members of the sub-committee on Youth & Sport b. CDDS Acting Chair and 4 members of the CDDS Bureau Russia: Deputy Speaker, Committee Chairmen (particularly the Committees on Sport and Tourism, Foreign Affairs, Finance and Culture) and members of the Duma Federal and Republic Sports Ministers; central, regional and local government officials (particularly the State Committee on Sport and Tourism); Leaders of the National Olympic Committee and Russian sports federations Media representatives (200 in all)
Objective:	An exchange of views, based on a draft sports bill, prepared by the Duma committee, on "Legislation on physical culture and sport and the Olympic movement in Russia and Europe". Discussion of matters of concern to Russian sports authorities: financing of high-level sport; promotion of sport for all; division of responsibilities at federal, regional and local levels; etc. etc.
General Evaluation:	The Hearing generated a very high level of interest in political, sports and media circles. The political impact of the Council of Europe delegation was more significant than the input it was able to contribute to the discussion. Members of the delegation also had meetings with the Deputy Speaker of the Duma and the 1st Vice Prime Minister, further underlining the importance of the event.
Follow-up:	The draft bill (a "green paper") will be revised after a consultation process. The opinion of the Council of Europe will be sought. Progress will be reported by the Russian delegation to the Assembly and to the CDDS. The revised bill will be submitted to the Duma.

Sprint Doping Seminar Topical Problems of Doping Control Patterns and Analysis

(Madrid, Spain, 18-20 September 1997)

CONCLUSIONS AND RECOMMENDATIONS

Having heard and discussed the experts' statements concerning in particular the economic, technical, organisational and accreditation issues surrounding doping control laboratories, and bearing in mind current conditions in the countries taking part in the SPRINT Programme, the participants in the doping seminar held in Madrid from 18-20 September 1997 adopted the following conclusions and recommendations:

CONCLUSIONS

1. As stated at the Prague Seminar, the countries which are working towards developing new sports structures reiterate their firm commitment to combat doping in sport. To that end, they wish to share the experiences of other countries in this area.

2. Laboratories are one of the basic elements in the anti-doping effort. Article 5 of the Council of Europe's Anti-Doping Convention, concerning laboratories, recommends that each Party should either set up a laboratory on its own national territory or help its sports organisations to have access to such a laboratory in the territory of another Party.

3. Before taking the decision to set up a national laboratory, a country should be sure that its needs are not likely to be better served by a possible regional partnership or access to another accredited laboratory.

4. These needs should be precisely evaluated so that the consequences can be quantified, and in particular the resources needed, financial as well as technical and human. This measure is particularly important when it comes to seeking approval from the authorities concerned.

5. Concerning accreditation, the requisite conditions are clear but the process of applying the criteria needs clarification.

6. Based on the principle that "the results of the analysis of a sample taken for anti-doping tests should not vary according to the laboratory in which the sample was analysed"14, it is necessary for the laboratories to use common, state-of-the art procedures and methods, while taking into account both investment and running costs.

7. Consequently, laboratories should work closely together in order to optimise these methods, as well as with the research authorities in order to open up new avenues, particularly in setting up methods for detecting substances which are difficult to detect, such as EPO, blood doping and growth hormones.

8. In order to be effective, this research should not be limited to the spheres of pharmacology and biochemistry, but must also address the psychological and sociological aspects of doping.

9. It is important that laboratories observe the IOC Code of Ethics while aiming to achieve the highest technical standards.

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[14] Declaration adopted at the 8th Meeting of the Monitoring Group of the Council of Europe's Anti-Doping Convention, 28-29 May 1997 in Strasbourg.

10. It is clear that analytical testing is an indispensable part of the process of doping controls. However, its effectiveness depends firstly on the reliability of the collection and monitoring of the samples, and secondly on the quality of the disciplinary process.

11. With this in mind, every country should establish a sound, independent national structure to combat doping. In this context, laboratories, although scientifically independent, should consistently follow good laboratory practice.

12. For each laboratory, a proper organigramme should be drawn up showing the functions of all staff, who should be qualified, experienced, sufficient in number and have access to continuous further training. All equipment and procedures should comply with current professional rules. Quality control should be constant in order to maintain the daily performance of laboratories and ensure the credibility of the anti-doping test system.

RECOMMENDATIONS TO THE CDDS AND THE MONITORING GROUP

1. The CDDS and the Monitoring Group should continue their efforts to harmonise the various factors in the anti-doping effort.

2. The CDDS is invited to give continued support to seminars on doping in the countries which are part of the SPRINT Programme. This is proving to be vital in narrowing the existing differences in the anti-doping effort between the states' parties.

3. The Monitoring Group should continue to encourage work in the legal, technical and scientific spheres as well as in education.

4. The participants thank the representative of the IOC's Medical Committee for attending and hope that such collaboration will continue actively within the context of these seminars and the Monitoring Group.

5. The participants are particularly grateful to both the CDDS for helping to organise this seminar and the Consejo Superior de Deportes for hosting and organising the seminar and for its warm hospitality in Madrid

Sprint Seminar on Sport and the Law
(Rome, Italy, 29-31 October 1997)

CONCLUSIONS

The participants in the Sprint Seminar on "Sport and the law", held in Rome from 29 to 31 October 1997:

Considering that the seminar is a sequel and follow-up to the work already carried out in this field by the CDDS (Council of Europe Committee for the Development of Sport), especially at the seminars held in Malta and Paris, which have already influenced legislation in several member states of the CDDS;

Bearing in mind the main aims of the Council of Europe and the fundamental principles of the European Convention on Human Rights;

Encouraged by the Final Declaration adopted at the Second Summit of Heads of State and Government of the Member States of the Council of Europe, which recognises "the role of sport in promoting social integration, particularly among young people";

Aware of the legal issues increasingly implicit in sport, as well as the impact of legal instruments of the European institutions in this field;

adopt the following conclusions:

1. Recourse to arbitration

They recognise arbitration as a means available under ordinary law for resolving sports disputes;

They call on those countries with a system of sports arbitration to share their experience in this field with the other European states;

They recommend that sports organisations ensure maximum respect for human rights and the principles of fair and impartial justice in the application of disciplinary procedures, particularly by respecting the distinction between the judicial and the executive power, and hence the independence of bodies concerned, so as to guarantee the right to defence and the right to be heard;

2. The combating of violence

They consider that the European Convention on Violence remains valid and relevant;

They reaffirm the importance of close legal co-operation between governmental authorities and sports organisations;

They stress the need to harmonise standards and procedures, especially in respect of UEFA regulations, governmental measures and measures proposed by the Standing Committee;

They call on all countries, even those not yet parties to the Convention, to make uniform use of the check lists;

Being aware that combating violence is not simply a matter of police action;

They propose that the Standing Committee establish close European co-operation with regard to the identification and treatment of offenders, pursuant to Article 5 of the Convention;

3. The combating of doping

They strongly emphasise the vital need for general harmonisation of rules to fight effectively against doping;

They point out that the different bodies campaigning against doping share the same goals, even if their methods sometimes differ;

They confirm that the Anti-Doping Convention remains highly topical and is an essential instrument for harmonisation;

They welcome the harmonisation work already undertaken by the Monitoring Group of the Anti-Doping Convention;

They also welcome the International Olympic Committee's action aimed at the adoption of a single common medical code for the whole Olympic movement; this will make for uniform application while respecting the independence of international federations and the specific characteristics of each sport;

They call on sports organisations to make an active contribution towards these harmonisation efforts, in particular by adopting regulations and procedures in line with the Convention's provisions and the Monitoring Group's recommendations as well as with the standards and rules of the International Olympic Committee;

4. The risks of participation in sport

They note that increasing participation in sport activity is giving rise to higher risks in nearly all sports;

They consider that the question of risk is undoubtedly linked to the concept of civil and/or criminal liability;

They note that the current trend in law, particularly in case law, in the sports sphere is tending to increase the liability of organisers of sporting events;

They stress the importance and necessity of improving the prevention of risks in sport;

They also propose that a search be made for the best ways and means of providing insurance against such risks;

5. In the light of the foregoing, the participants:

Considering that, in general terms, the approximation of legal rules remains a key concern for the world of sport;

Aware that a great deal of work remains to be done in this field in order to approach an ideal situation;

Urge those states which have not yet signed and ratified the Convention on Violence and the Anti-Doping Convention to do so, as these two conventions form one of the key factors for such approximation;

Recommend that the CDDS propose a study by sports organisations of the measures needed to adapt their cherished traditional independence in a context where sport has increasing legal implications;

Invite the CDDS to continue supporting activities relating to sport and the law by virtue of the fact that work in this area:

a. increases social cohesion among citizens and helps to strengthen democratic security and equality of opportunity in member states,

b. has a very positive effect on sports legislation both in countries adopting new sports laws and in those planning to review their legislation in this field,

c. offers an initial response to questions relating to sport;

Welcome the fact that the subject of sport and the law is on the agenda of the 15th informal meeting of Sports Ministers, to be held in Cyprus;

Extend their warmest thanks to the Comitato Olimpico Nationale Italiano (CONI) and its officers for the excellent arrangements made for the seminar and for the generous hospitality bestowed on them in Rome.

Synopsis of the Parliamentary Assembly / CDDS Consultative Meeting

(Sarajevo and Pale, Bosnia and Herzegovina, 10-11 April 1997)

The Hearing consisted of a series of meetings :

1. With the Parliament of the Federation of Bosnia and Herzegovina at which the main points discussed were:

    a. financing of sport
    b. exchange of experiences between other members of the CDDS and Bosnia and Herzegovina
    c. the place of sport in the reconstruction of the country
    d. implementation of the CDDS' Action Plan
    e. rebuilding of sports halls

    The Speaker and one member of Parliament emphasised the need to arraign the war criminals to the Court at The Hague before normality could be restored. The Speaker saw the priority of the Federation on the reintroduction of the Rule of Law in general (including the adoption of a new Sports Law) as the prerequisite for the three principle aims of the present administration: reconstruction, reintegration and reunification. The Speaker realised that it could be counterproductive to hope for financial aid in the reconstruction eg of sports halls, until such a Rule of Law had been established.

2. With the Ministry of Foreign Affairs of Bosnia and Herzegovina

    Sport was one of the areas most ravaged by war and yet sport continued to be an important part of ordinary, everyday life throughout the war. Though the Ministry (unlike the Cantons) is not able to include a budgetary line for sport for 1996, and will not be able to for 1997 either, the attachment to sport is very strong and this applies as much to Sport for All as to High Level Sport.

3. With Sports Federations and Representatives of Cantons of the Federation

    This was a meeting in which numerous presentations dealt with specific problems in each sport, though a common pattern of devastation emerged. One sports leader asked for a Donors' Conference to deal with sports reconstruction.

4. With the Government and Parliamentary Assembly, capital of the Republika Srpska, at Pale.

   On Friday morning the Council of Europe party separated into two groups: one went with the Parliamentary Assembly participants to Pale for discussions with the Republika Srpska; the other members of the CDDS Bureau went to Zenice for the opening of the 2nd Seminar for the Action Plan.

SOME FACTS.

The countryside (as well as large parts of Sarajevo itself) is still strewn with mines which means that ordinary outdoor recreation activities are virtually impossible. Skiing for example has come to a complete stop. The climate is hard and the one remaining open-air swimming pool is open only 25 days per year.

These three meetings were followed by a press conference at which seven journalists were present and articles appeared in at least two of the three Sarajevo dailies on Friday 11 April.

THE PROGRAMME ALSO CONTAINED A SERIES OF VISITS TO THE TOWN OF SARAJEVO.

The Sarajevo Olympic Centre, built for the Winter Games of 1984, has been destroyed as an indoor sports hall and now serves as a garage and petrol station for the multi-national vehicles of SFOR. The promise given by the International Olympic Committee in 1992 to restore this building has not yet been carried out though the President of the IOC has said that it will be when the SFOR contingent leaves the building. The Faculty of Physical Culture (formerly used to teach teachers of Physical Education and sports coaches), is now a shell and unusable. There is scope here through the CDDS in helping to rebuild and reequip this ruined Academy.

Synopsis of the Parliamentary Assembly / CDDS Consultative Meeting
(Vilnius, Lithuania, 18 November 1997)

In the framework of the SPRINT programme of the CDDS of the Council of Europe, Parliamentarians of the Seimas and members of the Government of the Republic of Lithuania, members of the Parliamentary Assembly and members of the Bureau of the Committee for the Development of Sport of the Council of Europe as well as leaders and experts of sport organisations in Lithuania took part in the Parliamentary Hearing at the Seimas of the Republic of Lithuania and a seminar on "Co-operation among Governmental and Non- Governmental Sport Organisations" at the Government of the Republic of Lithuania on 18 November 1997.

For the last seven years Lithuania has been approaching Europe. Big progress has been made since the year 1990 trying to promote and develop the state and integrate certain spheres of life into a democratic European model.

Sport is one of the spheres of social life and therefore is an indispensable part of the state life. Promoting the social and cultural life of a country it is of the utmost importance that physical education and sport become an inseparable part of human life. The part which follows the democratic principles and is organised in accordance with the model of European sport organisations.

Sport organisations in Lithuania should take the initiative to be more actively involved in the programmes of European sport organisations.

1. Both meetings generated a wide range of questions, from an equally wide range of parliamentarians and leaders of national sports organisations, local authority representatives and sports officials.

2. A press conference at the conclusion of the Hearing brought 10 journalists into the proceedings.

3. Copies of Lithuania's Sport Act of 1995 and a description of sports legislation were made available in English. Copies of the European Sports Charter, the Charter of Disabled Persons and of the two sports Conventions had been published and were distributed in Lithuanian.

At the Hearing, under the Chairmanship of the Deputy Speaker of the Lithuanian Seimas, Dr Arvydas Vidžiūnas the participants adopted the Programme and discussed the themes on it. After the themes of the keynote speakers were discussed, a Draft Resolution was submitted for the consideration of the participants of the Parliamentary Hearing. In a wide range discussion certain amendments were introduced and the final Resolution of the Parliamentary Hearing was adopted and signed by Mr Mikko Elo, Chairman of the Sub-Committee on Youth and Sport of the Council of Europe, and Mr Arvydas Vidbiûnas, Deputy Chairman of the Seimas of the Republic of Lithuania.

In order to provide a broader view of the sports policy and activities of the Council of Europe as well as main directions of the European sports strategy and to discuss in more detail the integration of Lithuanian sport in the European sport structure, the seminar on "Co-operation among Governmental and Non-Governmental Sport Organisations" was held as a complement to the Parliamentary Hearing, under the Chairmanship of the Deputy Director of the Lithuanian Sports Department, Mr Algirdas Raslanas According to the Programme the themes of the keynote speakers were discussed.

Sprint Seminar on Evaluating Progress in Sports Development since 1989

(Budapest, Hungary, 1-2 April 1998)

SUMMARY CONCLUSIONS

The seminar was divided into 4 themes/sessions:

political and organisational reform;
economic reform and progress towards a free market economy;
social changes and the social significance of sport;
European co-operation and integration.

Each session was introduced by 4 papers: one from each of the Czech, Hungarian, Polish and Slovak experts recounting the experience in those countries. Tours de table and discussion allowed the other participating countries (Albania, Bosnia-Herzegovina, Bulgaria, Croatia, Georgia, Latvia, Lithuania, Romania, Russia, "the former Yugoslav Republic of Macedonia", Ukraine) to contribute their perspectives. In addition, experts from Austria and France, as well as a representative of DGX of the European Commission, participated in the work of the seminar. The programme of the seminar is at Appendix I. The list of participants is at Appendix II.

With respect to the European Union, it is clear that the countries hoping to join the Union are already adapting their regulations to the requirements which a future accession will impose.

The Seminar's structure did not foresee the adoption of Conclusions as such, but each session provided an opportunity for a summing up from the Chair. These are reproduced below.

Session I: The effects of political and organisational changes

All countries have created or recreated a relatively autonomous sports movement, separate and separated from the Sports Ministry. This reflects the social, cultural and educational importance of sport, the large numbers of people involved in sport, and its voluntary basis. An independent sports movement is a bulwark for democratic security.

Most countries have adopted new sports legislation. In some countries, the sports NGOs fear such legislation as an attack on their autonomy. But legislation is often necessary to define the tasks of the public authorities in sport, as the basis for drawing up plans, policies and programmes. These complement legislation and are in any case necessary when legislation is not required.

Legislation, if adopted, needs periodic updating.

The responsibilities of the public authorities are exercised at central, regional, and, especially, local levels. Many countries allocate a minimum of 0.6% of GDP as revenue for sport at central level. A figure of 1% would be ideal in present circumstances. More resources come into sport at local level.

The transition period has lasted longer than expected; and changes precipitate further changes. Thus sport's own structures vary widely: confederated or not, and in the powers which the various umbrella bodies have.

Session II: Consequences of the move towards the free market economy.

These changes have brought about many problems for all states concerned. The State is no longer the sole source of financing for sport; local authorities are becoming more and more important. But there is little consumer expenditure as yet, and sponsorship and marketing opportunities (eg, television rights) are not well developed either. Despite this, the money flows in sport – especially in football, and to some extent in basketball and tennis – are large. Job creation in sport is just beginning. The fact that sport is not yet over-commercialised presents some advantages. The quality of management in recently privatised sports facilities and centres sometimes leaves to be desired.

Session III: The social importance of sport in the new democracies.

The growing aggressiveness and rowdiness of young people gives greater significance to the role of sport as a factor for tolerance and anti-discrimination of all kinds.

The role of sport as a factor to promote health in all population groups is recognised but not yet properly exploited or used.

The growth of the private sector in sport has led to a decline in the traditional sports social structures, at work, in housing etc. The media are only interested (with one or two exceptions such as the weekly TV sport for all programme Zoldpont in Hungary) in top level sports. However, one or two new voluntary groupings are emerging (for example, sport for disadvantaged persons) and civil society thus reinforced.

The challenges involved in overcoming 45 years (or more) of neglect and of ignoring problems affect the political, economic and social spheres.

Session IV: European integration and co-operation.

The SPRINT programme is much appreciated by all beneficiaries. The CDDS is asked to consider prolonging it in both its political and its technical aspects. There are big variations between all countries and the speed of reform differs. The exchange of information on good practices and the continuing work to improve the profile of sport and the priority given to it are essential aims.

The work of integration into Council of Europe standards in sport is a basic prerequisite for later possible accession to the European Union. This work also helps the development of new political approaches strengthening the position of sport in society.

Participants thanked the Hungarian organisers and the lecturers for their well-prepared contributions to the seminar, which showed the process of reform was long, hard and continuous. Despite difficult conditions, much progress had been made: the European Sports Charter was universally accepted as the benchmark for basic sports standards; the two Council of Europe sports conventions had been ratified by a majority of new countries; some of the older countries had withdrawn from the financial aspects of the Sprint programme. Strong sports movements existed in most countries. Sport continued to be accepted as a public responsibility. Sport was in itself in a better condition now than in 1989. The major problems remaining lay in strengthening the position of sport in society (financial, economic) and the popular attachment to and involvement in sport, and in improving the quality of the various directing and managerial personnel working in sport.

Sprint Seminar on Women in Sport

(Kaunas, Lithuania, 21–22 June 1998)

CONCLUSIONS

Introduction

The participants at the SPRINT Seminar on Women in Sport, organised by the Council of Europe and the Lithuanian authorities (Kaunas, 21-22 June 1998):

AFFIRMED the importance that sport could have in the lives of women as:

- a significant contribution to the mental and physical health of girls and women throughout their lives;
- a way of encouraging social contact and social cohesion;
- a contribution to and participation in the life of a democratic society, through undertaking responsibility, holding office and decision-making in all types of sports organisations.

Bearing in mind the importance of

- the Brighton Declaration, with its monitoring exercises, hearings and reports;
- the Call to Change which came from Windhoek at the 2nd International World Conference on Women in Sport (Namibia, 19-22 May 1998) ;
- he European Sports Charter of the Council of Europe with the emphasis on Sport for All

The participants at Kaunas

1. **identified** the place of sport in the lives of women:

   a. in early childhood - where it is important to encourage an active lifestyle, and abandon stereotyped images which may demand that girls play a passive role as observers;

   b. at school. Evidence suggests that there may be discrimination in the amount of sport and variety of sports available to girls within the various school systems;

   c. on leaving full time education. Out of school sport for girls should focus on the many advantages of sport - health, social contact, opportunities for team play; It is important to have information on sports opportunities in the wider community available at the point when girls leave full time education. This is one of the two crucial points at which young women give up sports activities;

   d. as mothers with young children. This is the second crucial point at which women often give up sports activities. It is a period when there may be few opportunities for sport, - lack of money, difficult access to sports areas, limited time because of the demands of a job and family. It is, however, a point where sport can provide social contacts, as well as maintaining health after childbirth;

   e. as a leisure activity enjoyed by women together with their families. Here there may be a need for child care facilities, ready access to sports complexes in residential areas, sports facilities which offer a range of activities with interest for whole families and various age groups;

   f. when older. Here there is the need for new programmes and new types of sport which will appeal to older women and help maintain health and mobility.

2. **welcomed** the distinct move towards the inclusion of a more varied and wider selection of sports for women in international events but considered that **all sports** should be open to **all women**. It is for women to decide whether or not they wish to practise a particular sport;

3. **noted** the two distinct trends in sport which exist in distinguishing sport for women and sport for men. Sport for men appeared to be about challenge, competitiveness and team work whereas sport for many women sport may seem to favour individual activity and exercise designed to improve body image;

4. **called** on the Council of Europe's Committee for the Development of Sport to consider specific concrete action for women in sport in the SPRINT countries.

5. **suggested** that countries should ensure that at international meetings on women and sport their representative was a high level official, possibly the appropriate minister. This would raise the place of women in sport on the political agenda.

6. **recognised** the important part men could play in partnership to help ensure that Sport for All means Sport for All - women and men, girls and boys.

7. **considered** that although the Seminar was planned to focus on sport at the grass roots level, where action was the more vital; activity in two other important areas was necessary to promote the interest of women in sport. These areas were:

Sports Policies

- sports management: specific programmes for women sports managers are needed which take into account the specific needs of women, - for example, increased self confidence to work in what is at present a predominantly male preserve. The courses should also draw on the material available in business management courses.

- High level sport: both countries and sports federations should be made aware of and encouraged to adopt programmes that fix specific targets to be attained on the number of women participating in high level sport whether as sportswomen or administrative and media professionals.

Sprint Seminar on Anti-Doping Policies

(Sofia, Bulgaria, 8-10 October 1998)

CONCLUSIONS

More than 40 experts involved and experienced in anti-doping work, and representing 22 member States of the Committee for the Development of Sports (CDDS) met in Sofia in the framework of a Sprint Seminar organised by the Council of Europe in co-operation with the Bulgarian Committee for Youth, Physical Education and Sports and the Bulgarian National Commission for Doping Control. Other participants from Bulgaria, in particular from national sport organisations and weightlifting medical teams, also attended the seminar as "guest observers".

The Seminar was scheduled in four relatively autonomous sessions: the first two (entitled: "Consequences and risks using doping" and "Analytical methods to detect masking agents used in doping") were essentially scientific and analytical.

In Session III, the participants examined the non-sport use of prohibited substances, in particular by young people and children.

Session IV was organised as a round table on anti-doping policy. In this session, the work was based on the data collected by a preliminary questionnaire on the national anti-doping policy, in particular in Sprint countries.

The participants agreed on the following conclusions and recommendations:

1. Consequences and risks of using doping

   Doping is not only contrary to the values of sport and the principles for which it stands – such as fair play, equal chances, legal competition, healthy activity - but it also endangers the health and life of athletes. Sport must not endanger life.

   In fact, the use of doping agents can create several health problems for users. Side effects can appear such as androgenic, progestative, atherogenic, hepatic, psychological and psychiatric injuries, etc.

   Most of the side effects of using doping agents are well known. But the magnitude of risk after taking doping agents is not well known and any scientific work in this field would be appreciated. The participants asked for the support of scientific research to evaluate quantitatively the risks of adverse effects after using doping agents.

Scientific effort and research should not disregard the masking agents. Some drugs which athletes are allowed to take could mask the use of doping agents affecting their pharmacokinetics. There are different ways of influencing and of masking the use of doping through other drugs: changing the plasma protein binding, increasing the metabolic rate of doping agents, or changing pH of urine and renal excretion. The organisations performing doping control should ask the athletes directly the reason for the use of drugs, which could mask the use of doping agents.

Several examples have been observed of athletes using different non-pharmacological methods for masking the use of doping (substitution, dilution of the sample, etc.). To avoid any manipulation of the sample, all steps of the sample collection procedure should be perfectly implemented.

Neither masking agents nor methods should be under-estimated. Any flaw in the procedure of sampling could alter the test results.

Any failure to co-operate in the investigations or attempt to alter the sample collection for doping control or leaving the competition despite the convocation duly made shall be considered as a positive sample.

2. Analytical methods to detect masking agents used in doping

With modern benchtop instruments and personal computers, it is possible to detect most doping agents. For example, for several years the drugs black market offered to athletes the drug named "Carphedon". The underground information for this drug was that it was a stimulant but that specific post-effects for well-known stimulants like amphetamine had not been observed. The present investigations into this new stimulant Carphedon are the result of the policy of laboratories to improve current analytical methods and the inclusion of the new substances in the list of prohibited substances.

There is still a problem with peptides and glycoproteins such as GH and EPO. But a new analytical technique to test the isoelectric spectrum of this hormone has been developed. This technique is carried out on urine and requires three successive stages: preparation of the urine by ultrafiltration, separation by isoelectric focalisation and specific determination of the EPO by immunoblot. The preliminary results obtained have shown that the isoelectric profiles of natural EPO are different from those found in the urine of subjects who have undergone a treatment of recombining EPO. The technique must now be tested on a sufficient number of control subjects.

The use of High Resolution Mass Spectrometry (HRMS) opens up new perspectives. Compared to Low Resolution Mass Spectrometry, HRMS has a 100fold better sensitivity.

The confirmation of suspicious cases with androgenic anabolic steroids such as testosterone is performed with carbon isotope ratio mass spectrometry coupled with gas chromatography (GC/C/IRMS). Contrary to the indirect steroid profiling method, GC/C/IRMS is a direct method, which allows a differentiation between androgynous and synthesised steroids.

It was stressed that these new materials are very expensive (e.g. HRMS is about 400,000 US$). It is only used by 7 laboratories out of 25 accredited ones. Therefore, the cost aspect should be taken into account.

The laboratories should be encouraged and supported to conduct research on new drugs, which may be used by athletes as doping or masking agents.

The development and improvement of analytical methods and technological equipment and implementation of GLP (good laboratory practice) will contribute to the increasing reliability and effectiveness of laboratory work and successful running of the relevant scientific programmes.

3. Sport and non-sport use of prohibited substances by young people

The studies presented at the seminar confirm that the abuse of doping substances especially among young people represents a real scourge, which endangers their health.

The participants agreed that more scientific information is needed on this matter and suggested carrying out European surveys using proper methods to examine the use of doping substances outside sport.

They recalled that legislative measures should be developed to restrict the illegal trafficking, manufacturing, distribution and possession of doping substances.

It is necessary to control and monitor the activities of fitness and bodybuilding centres. Particular attention should be paid to the control of food supplements (so-called vitamins) which may produce negative effects.

The studies carried out on this matter show that young people are unaware, in most cases, of the risks of using doping agents. Therefore, an appropriate information and education strategy should be developed. Also the preparation and diffusion of scientific information is needed in order to counter the effects of underground literature.

The participants appeal to the Council of Europe to continue its support for their efforts in this matter. They are delighted with the setting up of a Multidisciplinary Group within the Council of Europe on the non-sport use of doping substances and are looking forward with great interest to the results of the work of this Group. They welcome as an additional step the seminar scheduled for June 1999 in Lisbon on the non-sport use of prohibited substances.

4. Anti-doping policy

The participants presented and examined the national anti-doping work in their respective countries.

They stressed that in those countries where there is not a special body for conducting doping control, such a body should be created. Each national doping policy should have an operational and a long-term strategic plan.

In the implementation of anti-doping policy, governmental sports, health and educational bodies and institutions should be involved and co-ordinated.

The participants underlined the importance of the responsibility of the athletes' entourage in the administration and the use of the doping substances by the athletes. In the interest of the fairness and effectiveness of the anti-doping fight, more effort should be made in implementing the Convention's provisions and the Monitoring Group's recommendations in this regard.

It was agreed that the fight against doping should be conducted on several fronts. It is not sufficient to have a programme just for controlling the use of doping. In fact, one of the determining factors in the fight against doping is the political willingness of the public authorities to make effective use of the laws which would allow them to investigate and seek out the people responsible, in particular, for producing and distributing doping substances.

Current events once again show the gravity of the situation and the real danger of doping for sport, the life of sports persons and in general for public health. These events have also shown that the fight against doping should move up a level.

Moreover all Parties to the Convention should focus more effort on the preventive aspects. Each national programme should contain a preventive side. More active and wide-reaching promotional campaigns are needed with the participation of TV, radio, Internet, and supporting printed materials such as "pocket cards".

The doping control process should be conducted by professionals with specific qualifications.

The number of accredited laboratories is relatively limited. It was suggested that the Council of Europe could elaborate its own criteria for the accreditation of laboratories not being accredited by the IOC.

To achieve better results in the fight against doping in sports in all member States, the number of doping tests should be increased.

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The participants warmly thanked the Bulgarian authorities in particular the Bulgarian Committee for Youth, Physical Education and Sports and the Bulgarian National Commission for Doping Control for hosting and organising the Seminar and for the generous hospitality which they received in Sofia.

Sprint Seminar on Combating Hooliganism

(Berlin, Germany, 26-27 November 1998)

CONCLUSIONS

The participants at the SPRINT seminar on combating hooliganism, held in Berlin on 26 and 27 November 1998, heard and discussed talks by experts on questions concerning, *inter alia*, crowd management inside and outside stadiums, relations with supporters and international co-operation.

The seminar provided the opportunity for a judicious exchange of knowledge and in-depth experience of preventive measures and the control of violence in sport.

The participants agreed as follows:

1. Crowd management inside stadiums

   Crowd management requires a planned and integrated approach in which the key points are:

   a. efficient crowd management, including a system of stewarding;
   b. stadium design, wherever possible including spectator seating, control rooms and video surveillance;
   c. efficient management of ticket sales and separation of supporters;
   d. effective prosecution of troublemakers.

   In addition,

   e. a careful balance must be struck between the protection of spectators and the maintenance of law and order;
   f. sports clubs must establish a culture of safety at all levels.

2. Control of spectators outside stadiums

   a. The participants stress that law and order and public safety are fundamental principles of democracy: accordingly, the police must treat people correctly when managing crowds or dealing with disturbances.
   b. Security measures must not be confined to supervising spectators in the vicinity of the stadium but must also include controlling spectator movements before and after the match.

3. Relations with supporters

   a. The participants believe that football fans must be considered primarily as people wanting to watch a football match for their entertainment, and not as a potential danger.
   b. It is important that fans be consulted and involved in decisions that concern them.
   c. Relations with supporters must be based on a long-term strategy and on lasting personal contacts. The same applies to the financing of projects in this field.
   d. The participants also stress the importance of educational, social and cultural measures and strategies in preventing violence.

4. International co-operation

   The Council of Europe's Convention on Spectator Violence and Misbehaviour constitutes the legal framework and basis for measures to prevent and control violence.

   Each country must, of course, adopt national legislation and make the relevant judicial arrangements to implement the various measures recommended by the Convention and the Standing Committee.

   At local level, clear regulations must be laid down by the owners of sports facilities and the organisers of sports events.

   To be effective, international co-operation must be brought into play well in advance.

> The Standing Committee, which is composed of experts from governments, police forces and sports associations, is still the only appropriate body for organising effective international co-operation between European countries. Contacts established within the Standing Committee on the occasion of major sporting events are very useful and must be fostered. In this connection, the participants stress the need to keep the list of national correspondents up to date with a view to maintaining bilateral contacts for Euro 2000.

GENERAL CONCLUSIONS

While taking account of the legal, economic and political differences between countries, it is necessary to work together and to devise joint strategies for dealing with the problems of hooliganism.

The participants thanked the German authorities, in particular the Ministry of the Interior and the Willy Weyer Academy, for their assistance in organising this seminar in Berlin.